



Briefs . . .

Housing inspections

Lincoln Military Housing will complete the 100 percent environmental survey walk-through of all Fort Sam Houston homes Monday through Jan. 14. Inspectors will walk through the entire home, paying special attention to bathrooms, kitchens, HVAC and water heater closets. They will inspect for water leaks, water damage, water stains and mold. The inspection should take no longer than 10 minutes.

Tax Center grand opening

The Fort Sam Houston Tax Assistance Center's grand opening is Jan. 18 at 1 p.m. at the Officers' Club, 407 Dickman Road. The Main Tax Center hours are Tuesdays through Saturdays from 9 a.m. to 5 p.m. The Brooke Army Medical Center Tax Assistance Center opens Jan. 24 and is in Room 546-3, on the fifth floor. BAMC Tax Center hours are Mondays through Fridays from 9 a.m. to 5 p.m. The centers will take appointments for tax services. Limited walk-in services will also be available with priority given to active duty in uniform. The tax centers will also prepare and e-file both federal and state tax returns. Hours of operation are subject to change. For more information or to make an appointment, call the Tax Center after Jan. 18 at 295-1040.

Special Olympics promotion

The Fort Sam Houston Commissary will sponsor a "Hoops for Special Olympics" event Friday from 1 to 3 p.m. People can take a shot at the hoop with a \$1 donation to the Special Olympics. Participants receive a complimentary gift and chance at a grand prize. Special Olympics athletes will be on site to assist with the event. For more information, call Tammy Milligan at 861-9784.

Consolidated Retirement Ceremony

The Fort Sam Houston Consolidated Retirement Ceremony will be Jan. 27 at 7:45 a.m. at the MacArthur parade field pavilion.



Photo by Elaine Aviles

Maj. Gen. George Weightman, Army Medical Department Center and School and Fort Sam Houston commander, signs his lease agreement Tuesday. He was the first post resident to sign a lease under the new post housing partnership. All post residents will need to sign a lease by Feb. 4.

Partnership takes steps to improve Fort Sam housing

Fort Sam residents must sign housing lease

Maj. Gen. George Weightman, Army Medical Department Center and School and Fort Sam Houston commander, was the first post resident to sign a lease agreement Tuesday signaling the start of a new housing system and partnership.

All post residents will soon follow, as they need to sign a lease by Feb. 4 to remain in housing.

The lease authorizes the start of the resident's basic allowance for housing and an allotment to pay the monthly rent. The allotment will start March 1. The rent will equal the BAH "with dependents" for the senior service member authorized to live in the home.

The partnership, between the Department of the Army and Lincoln Military Housing, is called Fort Sam Houston Family Housing, LP,

which owns and operates military housing on post. Formed under the authority of the Residential Communities Initiative, this public-private partnership will eliminate inadequate housing and provide Soldiers and their family members with improved homes and high quality community and recreational facilities.

"The bottom line is the Soldiers are the beneficiaries of this partnership," Weightman said. "We will see an immediate impact. The Army is steadily improving quality of life for its Soldiers and this is an example of that."

The FSHFH partnership will construct, improve and maintain Fort Sam Houston family housing for the next 50 years, and assume responsibility and control over every aspect of family housing operations on post.

See **HOUSING** on Page 3

Take the pedal off the metal Speeding carries serious consequences

By Staff Sgt. Ronald Shaw
Provost Marshal Office

There are a large number of people speeding on post. Law enforcement patrol units enforce the laws and regulations governing traffic violations and issue traffic citations to violators. Fines for speeding violations can be expensive and may require people to appear before a magistrate.

The installation speed limits are as follows:

Housing areas:	20 mph
Troop areas:	10 mph
When passing a troop formation:	10 mph
School zones:	20 mph

Parking lots: 10 mph
Brooke Army Medical Center: 25 mph unless otherwise posted

The speed limits on the most commonly used roadways on the installation are as follows:

Wilson Ave:	30 mph
Stanley Road:	25 mph
Williams Road:	20 mph
Garden Ave (north of Schofield):	20 mph
Garden Ave (south of Schofield):	30 mph
Scott Road (north of Walters Street):	20 mph
There is never a good reason to exceed the speed limit.	
The most common reason given to law enforcement offi-	

cers is "I'm late for work" or "I'm late for an appointment." Not only will people be late for work or an appointment if they are stopped for speeding, but the risks they take each time are not worth their's or someone else's life.

In most areas the speed limit at BAMC has been reduced from 30 mph to 25 mph. This change is necessary due to increased pedestrian and vehicular traffic in that area.

On a similar subject, drivers have had a few near-misses because they didn't stop at flashing red lights. If the light is flashing red, the driver must come to a complete stop, as at a stop sign. If the light is flashing yellow, proceed through the intersection with caution.

Drive safely and be courteous to other drivers.

Area establishments declared ‘off limits’

The following establishments located in the San Antonio area have been placed off limits by the San Antonio Armed Forces Disciplinary Control Board to help maintain the health, morale and welfare of Armed Forces personnel:

- The Cracker Box Palace on 622 West Hildebrand;
- Planet K on 5619 Evers, 1019 East Mulberry Avenue, 2003 Goliad Road and 2138 Austin Highway and

all locations in Bexar, Atascosa, Wilson, Guadalupe, Kendall, Medina, and Bandera counties; and

- X/S located on 13307-A Highway 281 North and any off site location when used to host an X/S sponsored event.
- Personnel entering off limits establishments may be subject to disciplinary action in accordance with service regulations and the Uniform Code of Military Justice.



Executive order makes 2005 pay tables official

ARLINGTON, Va. (AFPN) — President George W. Bush signed an executive order Dec. 30 making the 2005 military and civilian pay tables official.

The 2005 pay scales are available online at the following Web sites:

— Military Pay Tables — www.dfas.mil/money/milpay/pay/.

— Civilian Pay Tables — www.opm.gov/oca/05tables/index.asp/.

Congress approved an average raise of 3.5 percent for military service members, and the president’s order provided for an across-the-board increase of 2.5 percent in base pay for the Foreign Service and certain pay scales used by the Department of Veterans Affairs. (Source: Department of Defense news release)

Fort Sam Houston News Leader

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Housing

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“I’m excited about the partnership and look forward to executing the plan,” said Jeff Courtwright, senior vice president of Lincoln Military Housing.

Resident lease signing

The formal RCI transition took place Dec. 30 and transfer of operations will be March 1. A vital aspect of the transition period is the requirement for all residents to sign a lease.

To facilitate a smooth transition, the RCI Office has scheduled several RCI town hall meetings and lease signing events. The FSHFH team will provide current residents information on the transition period, lease signing, FSH housing development scope, housing operations, upcoming events, processes, and policies and procedures for living in privatized housing.

Residents will be able to sign their leases during the RCI town hall meetings.

Town hall meeting schedule:

- Jan. 13 from 6 to 8 p.m. at the Roadrunner Community Center.
- Feb. 10 from 6 to 8 p.m. at the Roadrunner Community Center

Lease signing events:

Brooke Army Medical Center		
Outside BAMC Chapel		
Tuesday and Wednesday	7 a.m. to 2 p.m.	
Jan. 13 and 25	11 a.m. to 5 p.m.	
NCO Club		
Outside dining room		
Tuesday to Jan. 13	11 a.m. to 1:30 p.m.	
Jan. 27	11 a.m. to 1:30 p.m.	
AMEDDCS		
Blesse Auditorium entrance		
Jan. 18 to 20	8 a.m. to 12 p.m.	
Jan. 26	11 a.m. to 4 p.m.	
Roadrunner Community Center		
Training Room #1		
Jan. 21 and 28	8 a.m. to 12 p.m.	
Feb. 4	8 a.m. to 12 p.m.	

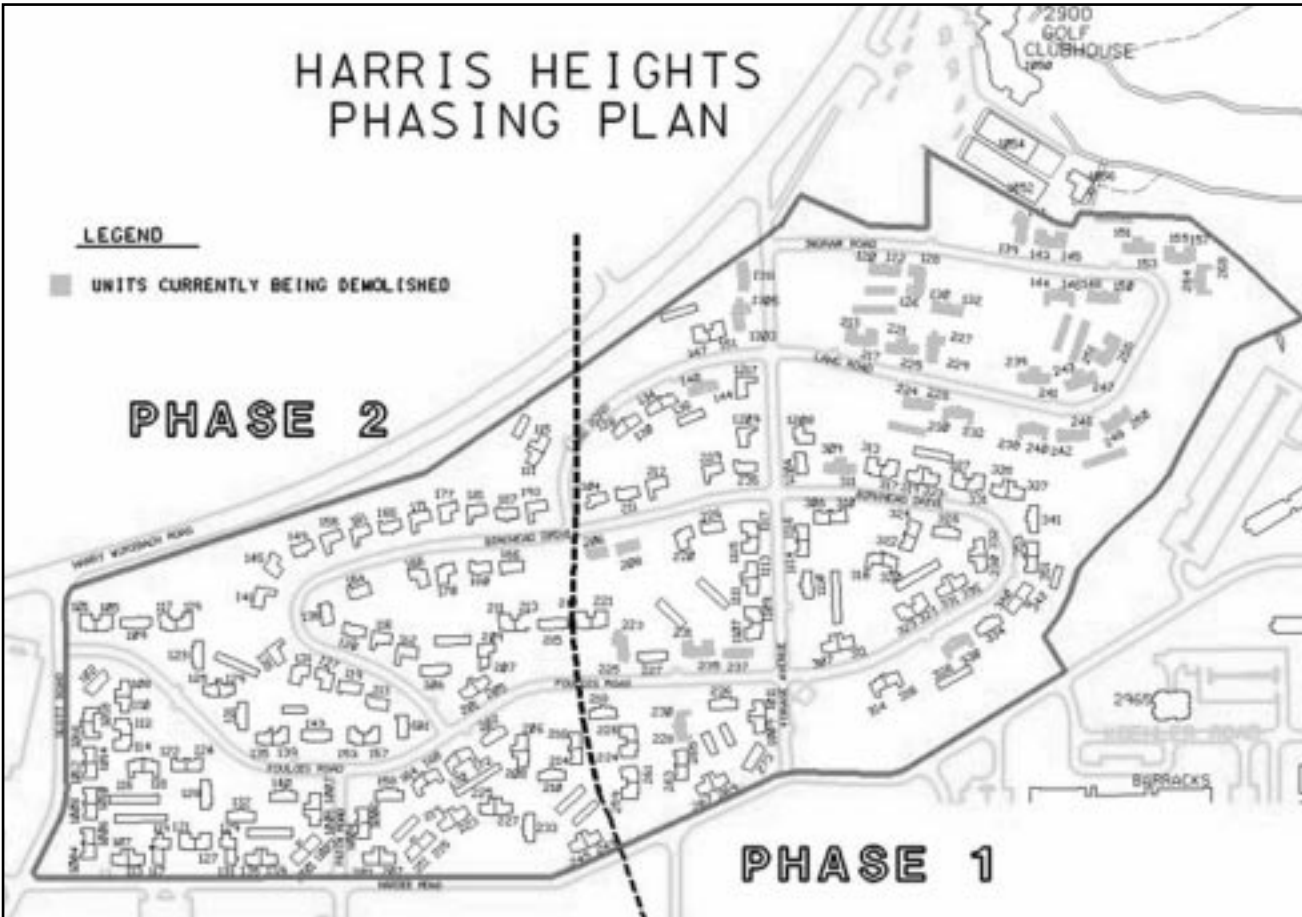
Residents or spouses will need to bring a military ID, driver’s license and pet information (FSH pet registration papers, updated shot records and micro-chip records) to the lease signing.

If a military sponsor is deployed, the spouse will also need to bring a general or special power of attorney to sign the lease.

Development plan

In response to conditions identified within Fort Sam Houston housing areas, FSHFH development division will implement a plan that will be carried out over the five-year Initial Development Period. This includes:

- Demolition and replacement of 181 homes in Harris Heights, including the redistribution of rank designations within the village from junior NCO to company grade officer and senior NCO.
- Reconfiguration of the historic Patch Chaffee homes from three bedroom to two bedroom homes, including the



redistribution of rank designation from senior NCO and CGO to junior NCO.

– Conduct major and minor renovations of 684 homes to include 386 historic homes. A minor renovation project may include kitchen and bathroom upgrades, exterior painting, re-grading and landscaping, and other repairs. A major renovation project may also include floor-plan reconfiguration, detached garages, roof replacement and porch replacement. Renovations will take place during vacancies to minimize inconvenience and reduce intra-post moves.

– Incorporate community amenities like the conversion of the existing Officers’ Club to a 13,860-square-foot Residents’ Center and 6,120 square feet of office space. In addition, two village resident centers at Watkins Terrace and Harris Heights, pools at each resident center, walking and running trails, and sport courts will be built.

The end state of housing inventory will remain the same at 925 total homes.

The earliest changes will occur in the Harris Heights Housing Village. The plan is to demolish and replace the remaining 181 homes in Harris Heights starting in March 2005. The demolition and replacement will occur in two phases (see Harris Heights Phasing Plan).

Phase 1 will impact 71 homes; about half of which are already vacant. These homes are located on the eastern half of the village, which is in the same area that units are being demolished. The remaining 110 homes in Harris Heights are identified as Phase 2.

The Fort Sam Houston Housing Office is in the process of relocating Phase 1 residents to other homes on post prior to Feb. 28. Phase 2 of the demolition and replacement plan is scheduled to begin October 2006. Phase 2 resident coordination will be implemented by FSHFH in 2006.

The new Harris Heights Village will have 181 single family detached homes. The new village will have a

community center with a pool and meeting facilities. Sports courts, playgrounds and tot lots will be within a five-minute walk from every home. A series of walking and biking trails will be incorporated into the village area as well (See Harris Heights Village map, page 4).

Smooth transition

The FSHFH Property Management will provide a team of trained personnel to guide residents through the move-in process, satisfy their maintenance and service requests during occupancy, and walk them through the move-out process. Upon move out, residents will be required to leave the house in a broom-swept condition, including a thorough cleaning of appliances, bathrooms and the kitchen. Upon move out, a modified cleaning standard will be applied to homes scheduled for renovation and demolition.

FSHFH Property Management and FSHFH Maintenance Operations staff will meet residents’ needs on a daily basis with 24-hour, seven-days-a-week emergency maintenance response. Emergency service requests will be responded to within one hour from receipt of a call after business hours and 30 minutes from receipt of a call during normal business hours. Routine service requests will be completed by the end of the following business day. Requests may be submitted in person, by telephone or online. FSHFH Maintenance Operations will stagger their staffing schedules, allowing normal hours of operations from 7 a.m. to 7 p.m.

The Self-Help Center, which will be at the FSHFH Maintenance Operations facility, Bldg. 3882, in March, will only offer light bulbs, air filters and garden tools to residents. The center will be at its current location, Bldg. 4168, until Feb. 28. FSHFH will provide lawn and landscape maintenance, such as mowing, pruning and edging, to all unfenced areas in housing. FSHFH will also provide a comprehensive interior and exterior pest control program to every home. As part of the Preventative Maintenance Program, each home will be inspected quarterly for routine maintenance items such as replacement of air filters and mechanical inspections.

In addition, FSHFH Property Management will provide a limited renters’ insurance policy to protect the contents of the home and provide limited liability protection for the resident.

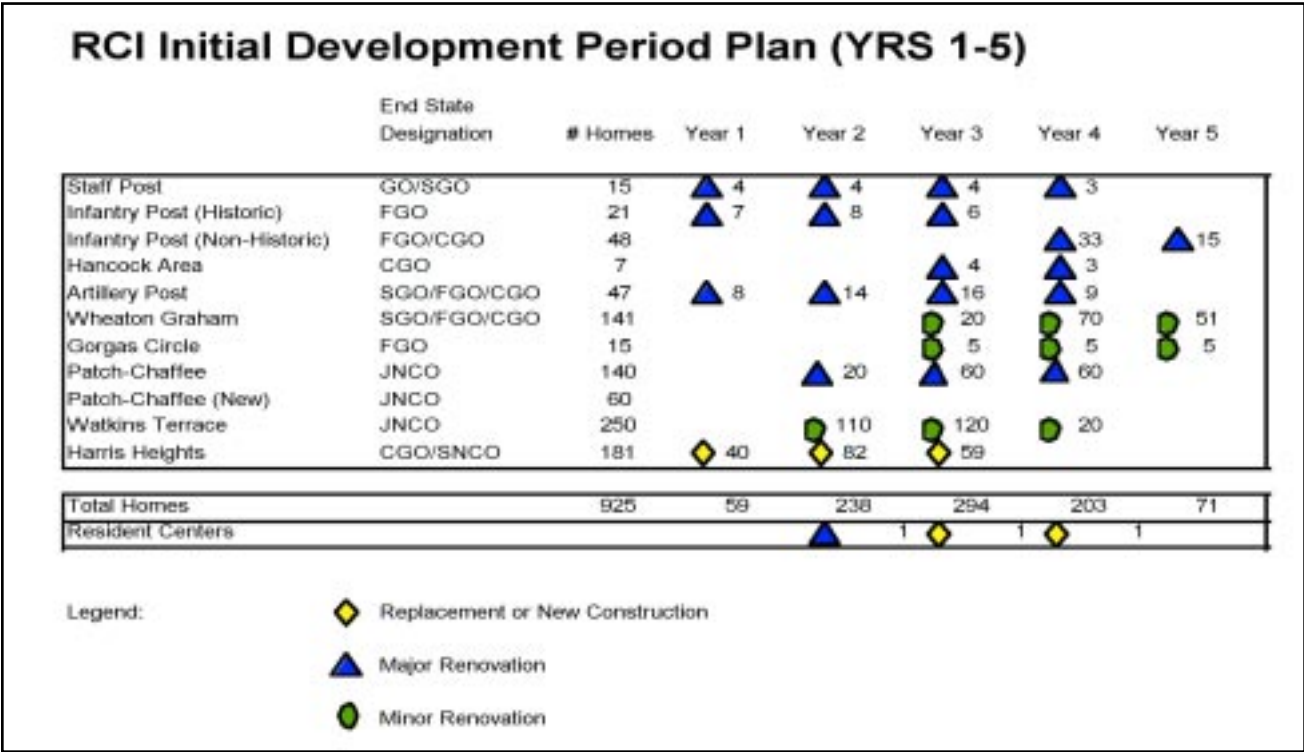
RCI utility policy

Starting in early March, the FSHFH partnership will begin the resident utility program. When housing operations transfer to the partnership, Soldiers’ basic allowance for housing will be the established rent.

After complete renovation or new construction and utility metering of each residence and entire village, a Utility Allowance will be identified from within each resident’s BAH. This Utility Allowance will be based on the average cost of utilities for comparable houses in the resident’s village.

The partnership will receive the total BAH and set aside the Utility Allowance to pay for each resident’s gas

Replacement, renovation schedule and end state designation for each village:



Housing



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and electric costs. The Utility Allowance will be established after a one-year historical model is completed and a baseline is determined. During this one-year period, the residents will receive mock-bills. This mock billing period will provide the partnership with an accurate baseline utility usage figure for the homes and will also inform Soldiers whether they are above or below the “typical” utility consumption for that type of home.

After mock billing ends, Soldiers will receive bills that compare their actual utility usage with the baseline. Soldiers who have conserved utilities will get a rebate, while those who have consumed more than the average will be expected to pay the difference. The timeline for the implementation of the utility program will vary between villages and a specific implementation schedule will be provided to the residents at least one year in advance (during the mock billing process).

For more information, call Teresa ElHabr, RCI Program Manager, at 221-0948 or Patricia Baker at 221-0891.

(Source: RCI Office)

Department of Defense Sexual Assault Prevention Policy puts new systems in place

By Donna Miles
American Forces Press Service

WASHINGTON — The Defense Department announced Jan. 5 sweeping changes in how the military handles sexual assaults, with uniform policies and procedures that apply to members of all services, wherever they are stationed or deployed.

In a Pentagon briefing, David S. C. Chu, undersecretary of defense for personnel and readiness, said the changes — laid out in 11 new memorandums sent to Congress and the military services — “will change the way the military handles sexual assault, from the operations arena all the way to culture of the institution, in a profound and lasting way.”

The new DoD policy focuses on three major areas: enhanced education and training to help prevent assaults, improved treatment and support for victims, and a better system for investigating and prosecuting offenders.

Chu said the changes are designed to help build a “climate of confidence” that instills trust in victims that they’ll get the care they need, while instilling in all service members that “this crime will not be tolerated.”

The goal of the new policies is to standardize programs and policies throughout the Defense Department to improve prevention of sexual assault, enhance victim support and increase accountability.

Chu acknowledged that the military’s traditional victim-response system didn’t provide the level of care and support victims need. “We are moving aggressively to put new systems in place to address this shortcoming,” he said. “The well-being of victims is a priority for us, and we are doing whatever it will take to ensure they get the best possible care.”

This support begins with a better system for reporting and investigating sexual assault that is

more sensitive to victims’ privacy and confidentiality, Chu said. Final details of that effort are still being worked out but are expected to be resolved soon, possibly within the week, he said.

DoD’s sexual-assault policy will also ensure uniform standards of care, “so no matter where you are or what branch you serve in, you will have the same support systems and the same response personnel available to you,” he said. New reporting guidelines and protocols will ensure an appropriate and timely response that Chu said will treat victims with “the dignity and respect they deserve.”

Chu stressed this will apply for forces wherever they might be deployed on the globe. “All of these services should be available to everyone, everywhere,” he said.

Ensuring that victims get this care will be the job of the newly established sexual assault

response coordinators. Chu said these officials will serve as a single point of contact to coordinate sexual assault victim care. And once the concept is fully implemented, the coordinators will be at every military installation around the world, he said.

The new policy calls for consistent sexual assault prevention education and training that begins in basic training and continues throughout the service members’ military careers.

The most basic part of the training includes clear-cut definitions of what constitutes sexual harassment, sexual assault and other sexual-related offenses. Chu said this will help “eliminate confusion and uncertainty about which actions constitute which offense.”

Other training will be geared to first responders and commanders on dealing with cases of sexual assault within their ranks.

Air Force Brig. Gen. K.C. McClain, commander of Joint Task Force Sexual Assault

Prevention and Response, said the new sexual assault policy “will make a tremendous difference in the lives of the men and women in our services.” Despite what she called “huge strides,” she acknowledged that the new policy “is no silver bullet” or “overnight solution.”

Implementing the new policy in an effective way “will take time,” she said.

The joint task force will provide oversight as the services implement the new policy over the next year to ensure programs are consistent, McClain said.

Once implemented, this cohesive, department-wide program “will ensure that every service member has a baseline training to help prevent sexual assaults,” she said. “And also, in the event that there is a sexual assault, (it will ensure) that every service member will have access to the same standard of care and support, regardless of where they are assigned.”

Harry Wurzbach/Stanley Gate construction begins

By Ray Acuna
Deputy Provost Marshal

The construction of the new Harry Wurzbach/Stanley Road Vehicle Access Control Point will be accomplished in three phases.

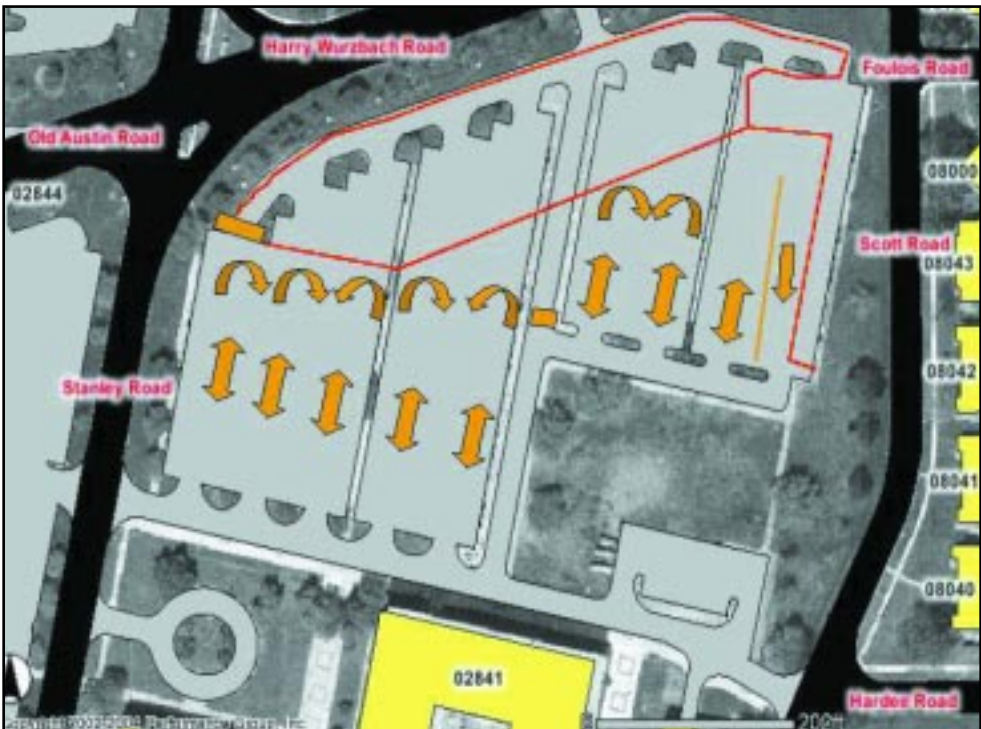
Phases one and two began Jan. 2. The contractor is building a construction fence in the parking area north of U.S. Army Medical Department Center and School, Bldg. 2841, adjacent to Scott Road and across the parking area to Stanley Road.

The work site will permanently remove 132 vehicle parking spaces to

allow construction of the new ACP on Harry Wurzbach. More parking is available in the parking areas along Stanley Road and MacArthur Field.

During phase three, March through October, the Harry Wurzbach gate at the Stanley Road intersection will be closed for construction of the new ACP. The Scott Road gate on Harry Wurzbach will be opened at the same time the Harry Wurzbach gate closes at the Stanley Road intersection.

Additional parking is available in the parking areas along Stanley Road and MacArthur Field.



Secretary Harvey: Soldiers, family members top priority

By Sgt. 1st Class Tammy M. Jarrett
Army News Service

WASHINGTON, D.C. – With less than six weeks on the job, the secretary of the Army said providing for the well-being of Soldiers and their families is his most important priority as the Army’s top official.

Dr. Francis J. Harvey shared his seven priorities that will serve as the framework for all his responsibilities as 19th secretary of the Army during an interview Dec. 16.

“As the chief (Gen. Peter Schoomaker, Army Chief of Staff) likes to say, the Soldiers are the centerpiece of our formations so nothing can be more important than a Soldier; nothing can be more important than the family,” Harvey said. “I will put a lot of focus on their well-being throughout my tenure.”

Harvey said providing the best quality of life for Soldiers and their families is very important and he fully supports the two major quality-of-life initiatives — the Residential Communities Initiative and the Barracks Modernization Program — which are closing the gap on inadequate housing for service members.

The RCI program involves privatizing about 85,000 family housing units on 45 Army installations and the BMP involves providing new or upgraded barracks with more space, privacy and furnishing for single Soldiers Armywide.

“They deserve it,” Harvey said. “They should live just like the rest of America lives, because they’re defending our country. So I am focused and committed to doing that — that’s where the rubber meets the road in terms of that priority.”

The secretary’s second priority is providing the land forces to win the Global War on Terrorism. He said this includes recruiting and retention in which the Army has met its goal for the past five years.

“That’s a nice record we should be proud of, but that’s just a record,” he said. “We have to look forward, and we have to have the same performance in the future.” The Army also must place more emphasis on training and readiness to ensure deployed forces are fully capable, he added.

Harvey’s third priority is transforming the Army. He said this is done in two parts — the way the Army fights and the way it does business.

Although there has been a lot of progress made in modularity, force stabilization and rebalancing the force, Harvey said there is still a lot to do on the business side.

“I think we’re just beginning that (business transformation),” he said. “ There’s been a lot of good thought given. Now we’ve got to get action — ask the tough

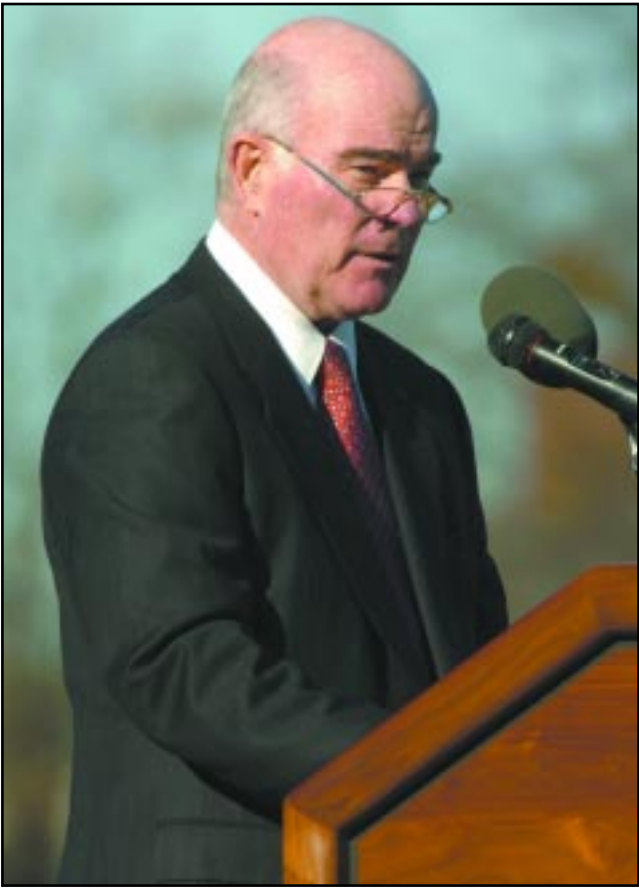


Photo by Staff Sgt. Carmen L. Burgess
Secretary of the Army Francis Harvey addresses troops and audience members during a speech at Fort Myer, Va., Nov. 29.

questions — If you have some type of repair operation, what is world-class performance? Where are you relative to that world-class performance? Where’s your plan to get you to world-class performance? We have to start asking the tough questions in the business side.”

Harvey said this is very important because it can free resources up for modularity, for example.

“If we can get the resources from the business side, we can accelerate modularity — a detailed plan — but this just helps us do it quicker, and to develop this more capable force,” he said. It also gives the secretary more flexibility for other priorities.

“If we can drive down the cost of our business operations, that gives me more flexibility and if there are shortfalls in the future, then I can have that flexibility for quality of life — I can now apply it to those higher priorities,

the people priorities,” Harvey said.

The secretary’s priorities also include developing leaders for today and tomorrow, executing major acquisition programs and what he calls partnerships and relationships.

“It starts with, like they say around here, a no-daylight relationship with the chief,” Harvey said. It also includes a very productive relationship with the secretary of Defense and his staff, productive relationships with Congress, with industry and the retired community, he added.

Harvey said his seven priorities are a comprehensive set to guide his actions and give his focus, but not without some challenges.

The two major challenges are to win the Global War on Terrorism and secondly, “while we are doing that,” he said, “to transform the Army in a way which will make us a more capable organization in the future, both from a war-fighting perspective and the business perspective.”

Harvey has extensive business experience, having worked more than 30 years with corporations doing business with the federal government on programs from undersea to outer space.

He said he has been involved in various phases of 20 to 25 major acquisition programs across the entire spectrum of DoD systems, from submarines to tanks to fighter aircraft to helicopters to outer space.

He was also a White House Fellow in the Department of Defense in the late 1970s, on the Army Science Board from 1998 to 2001 and was involved in the initial studies that led up to what’s today called the Future Combat Systems Program.

Whether it’s managing a large organization or deploying and developing systems and technology, Harvey said he has developed a management philosophy over the years: people are the single most important part of any organization.

“The Army is a people organization and I’m very comfortable leading and managing and changing a people organization,” he said. “I’ve done it basically all my corporate career.”

Harvey said he is and will continue fighting for the Soldiers as they continue the battle on GWOT.

“They can rest assured that I’ll be back here getting the resources that are needed for quality of life for themselves and their families, their well-being,” Harvey said, “and to ensure that they have the right equipment, the right training to provide the force protection, to provide the lethality they need — that is so important to the future of our country as well as the rest of the world.”

New tax laws impact taxpayers

By Capt. John C. Gerhard
Tax Assistance Center officer

The 2004 federal income tax filing season is under way. Along with the New Year come significant changes to the tax laws that may affect taxpayers.

Higher income limits for 1040A and 1040EZ filers

Beginning with tax year 2004, taxpayers with a taxable income of \$100,000 or less may be eligible to file their federal income tax return using either a Form 1040A or 1040EZ, so long as other filing requirements are met. Taxpayers wishing to file a 1040EZ must have a filing status of “Single” or “Married Filing Jointly” and may not claim dependent exemptions. Taxpayers filing a 1040EZ also may not have more than \$1,500 in taxable interest income, may only claim the Earned Income Tax Credit, and cannot have received advanced EIC during the tax year. Taxpayers filing a 1040A may use any filing status and claim dependent exemptions. However, 1040A filers cannot report rental property income, itemize deductions and can only claim the following credits: Child Tax Credit and Additional Child Tax Credit, Education Credits, Earned Income Tax Credit, Child and Dependent Care Credits, Credit for the Elderly and Disabled, Adoption Credit and Retirement Savings Contribution Credit. All taxpayers may use Form 1040 to file their individual federal income tax return.

Educator expenses

Originally scheduled to expire at the end of 2003, the Educator Expenses adjustment to income (above-the-line deduction) was extended to the end of 2005. Eligible educators may deduct as an adjustment to income up to \$250 for non-reimbursed expenses for the classroom. The taxpayer can take this adjustment even if he or she does not itemize deductions on Schedule A (Form 1040). To be eligible, the educator must be a kindergarten through 12th grade teacher, instructor, counselor, principal or aide, and he or she must work at least 900 hours during a school year in a school that provides elementary or secondary education. This adjustment is not available for home-school instructors. Any non-reimbursed educator expenses in excess of \$250 may be deducted on Schedule A, subject to the 2 percent of adjusted gross income minimum.

Student loan interest deduction

A taxpayer may deduct up to \$2,500 of interest paid on a

student loan for higher education expenses. A taxpayer may deduct interest paid for the taxpayer, spouse or dependents. Additionally, if the taxpayer, spouse or dependent are legally obligated to repay the student loan, he or she may deduct the interest paid even if paid by someone else such as a grandparent.

Tuition and fees deduction

Taxpayers that elect to take the tuition and fees deduction for qualified higher education expenses paid during the tax year may qualify to take an above-the-line deduction of up to \$4,000. These expenses may also qualify for a dollar-for-dollar Education Credit. If you have eligible higher education expenses, please consult with your tax preparer to determine which election is better for your tax situation.

Health Savings Account

If you made contributions to a qualified Health Savings Account, you may be able to deduct those contributions as an adjustment to income.

Sales tax deduction

Beginning with 2004, taxpayers may elect to deduct either state and local general sales taxes or state and local income taxes. The sales tax deduction is generally most beneficial for taxpayers that reside in states that do not impose state or local income tax (such as Texas). Taxpayers may deduct sales taxes as an itemized deduction on Schedule A (Form 1040). Taxpayers may deduct the actual sales tax paid or an amount calculated using the Optional State Sales Tax Tables in IRS Publication 600. In addition to using the Optional State Sales Tax Tables, taxpayers may deduct state sales taxes on “big ticket” items such as vehicles and boats.

Earned Income Tax Credit

A new law gives military taxpayers the option of including or excluding combat pay as earned income when figuring the Earned Income Tax Credit. In 2003, many Soldiers did not qualify for the EIC because they did not have enough taxable earned income. Treating combat pay as income when calculating this credit does not change the exclusion of combat pay from federal income tax liability. There is no easy answer as to whether a service member should make the election other than to prepare his or her tax return both ways and seeing which produces the greatest benefit. Please see the Fort Sam Houston Tax Assistance Center or use the IRS Earned Income Credit Worksheet to

determine if you qualify for this credit and which election is most beneficial for your tax situation.

Additional Child Tax Credit

Taxpayers that do not get the full benefit from the Child Tax Credit (a non-refundable credit of up to \$1,000 per child) may qualify for a refund of up to 15 percent (up from 10 percent in 2003) of the amount by which their 2004 taxable earned income exceeds \$10,750. If the amount of this credit exceeds the taxpayer’s liability, any unused portion of the credit will be refunded. Excludable combat pay is automatically treated as taxable earned income for the purpose of this credit. However, the included combat pay will not increase the servicemember’s tax liability.

Other amounts increased

- Exemption amount increased to \$3,100 per dependent
 - Standard Deduction Amount Increased.
- | | |
|--|---------|
| Single/Married Filing Separately | \$4,850 |
| Married Filing Joint/Qualified Widow(er) | \$9,700 |
| Head of Household | \$7,150 |
- Maximum amount for the Adoption Credit increased to \$10,390

The Fort Sam Houston Tax Assistance Center offers free federal and state tax preparation and electronic filing for all active duty members, dependents, retirees, and Reserve and National Guard members on active duty orders in excess of 29 days. Taxpayers can also visit www.irs.gov to learn of other ways to electronically file tax returns free.

The main Fort Sam Houston Tax Assistance Center is located in the Officers’ Club, Bldg. 407 on Dickman Road. The center will be open from Jan. 18 to April 16 from 9 a.m. to 5 p.m. Tuesdays through Saturdays. The center will see clients by appointment and a limited number of walk-in clients each day. Reduced appointment and walk-in services will be available during lunch hours.

The Brooke Army Medical Center satellite office is located in Room 546-3 on the fifth floor. The BAMC satellite office will be open Jan. 24 to April 15 from 9 a.m. to 5 p.m. Mondays through Fridays. The BAMC satellite office will see a limited number of clients each day. Walk-in sessions begin at 9 a.m. and 1 p.m. Appointments will also be available.

For more information or to make an appointment, call the Tax Assistance Center after Jan. 18 at 295-1040. Additional information, Internal Revenue Service forms and publications may be accessed online at www.irs.gov.

Family Readiness Group supports physician assistant students

By Capt. James Jones
187th Medical Battalion

Four spouses of Junior Physician Assistant Class students recently established a student Family Readiness Group. Natalie Blount (Air Force), Milly Briseno (Army), Sharon Warshaw (Army) and Joanna Carillo (Navy) invite other spouses to learn about the benefits of participating in the FRG. The FRG, formerly known as the Family Support Group, supports Army families during war and tours overseas. Their mission is to provide information, moral support and social outlets to members. For Interservice Physician Assistant Program students, the group's efforts will tremendously improve the stability of the family unit and reduce stress for both the students and their spouses.

During recent in-processing of the freshman class, the spouses provided a briefing to incoming Army students and their spouses. They explained the importance of the group, and conducted a survey of the family support requirements of the students. They provided numerous examples of how they could assist each other with emergency daycare, social support and even routine help with daily activities. The goal of the group is to establish an Interservice Student FRG that supports all of the services and all of the students. As an example, Natalie Blount, whose spouse is in the Air Force, has volunteered to be the FRG leader for all of the services. She is working on ways to educate the spouses on the services that are available on post and encourage them to support one another. IPAP students complete their first year (Phase I) of study at Fort Sam Houston.

The second year of study (Phase II) is completed at various military installations throughout the United States. In order to succeed in the program, the students must have their families' support and understanding. Post leaders understand this requirement and encourage students to build support groups and use resources within the Army community to reduce stress and improve their ability to concentrate on academic requirements. The IPAP Junior Class has met the challenge by establishing a Student FRG for all PA students. The next FRG meeting will be Jan. 28 at 1 p.m. at the Roadrunner Community Center. Spouses interested in attending the meeting or want to learn more about the FRG can contact the Student FRG via e-mail at paspousesgroup@yahoo.com, visit

the company Web site at <http://www.cs.amedd.army.mil/187medbn/alpha/> or call Lt. Schnedler at 221-8318. IPAP is an academically challenging and rewarding course. The students selected for the program are well-rounded and top performers. Each service undergoes a rigorous selection process to ensure that the graduates are well-qualified to provide high quality medical care to service members and their families upon graduation. After two years of rigorous training, the students earn a Master's degree from the University of Nebraska Medical Center. Currently, the PA Program awards Master's degrees to all branches of the military through the IPAP. Soldiers interested in applying for the program can visit <http://www.cs.amedd.army.mil/ipap/> to review the prerequisites and the application procedures.

USAID gives tips for contributing to tsunami relief efforts

Officials from the U.S. Agency for International Development said the most effective way people can assist those affected by the recent South Asia earthquake and tsunami is by making cash contributions to humanitarian organizations conducting relief operations.

A magnitude 9.0 earthquake occurred Dec. 26 off the west coast of Northern Sumatra, Indonesia, triggering massive tsunamis that affected several countries throughout South and Southeast Asia, as well as Somalia, Tanzania and Kenya in East Africa, according to the U.S. Geological Survey.

USAID provides tips for people who want to contribute to relief efforts on its Web site at http://www.usaid.gov/our_work/humanitarian_assistance/disaster_assistance/help/index.html. USAID encourages cash donations because they allow aid professionals to procure the exact items needed (often in the affect-

ed region); reduce the burden on scarce resources (such as transportation routes, staff time, warehouse space, etc); can be transferred very quickly and without transportation costs; support the economy of the disaster-stricken region; and ensure culturally, dietary and environmentally appropriate assistance.

USAID is an independent federal government agency that receives overall foreign policy guidance from the Secretary of State. In 1961, President John F. Kennedy signed the Foreign Assistance Act into law and created USAID by executive order. (Source: USAID news release)

Balancing act

Money management can put people back on course after holiday spending

Story and photo by Elaine Aviles
Fort Sam Houston News Leader

Once the frenzy of holiday shopping, decorating and party going is over, the dust settles and some people are faced with a harsh financial reality – they’re in major debt.

While Bill Gates or Donald Trump can drop a few grand without batting an eye, most people, when faced with a mountain of department store bills and receipts, experience some post-holiday-season-induced stress.

“People lose control over the holidays,” said Steve Ynostrosa, Consumer Credit counselor. “Shopping should be like a diet plan. Just like you stick to a diet, stick to a shopping list and don’t divert.”

Never too late

For many, the damage is already done, but there’s a way out of the financial pit.

“If you don’t have a budget, then start one,” Ynostrosa said. “You need to devise a spending plan.”

People can start by listing all their bills and track where their money is going. Once they have an idea of their spending habits, they can better control them.

“Then you start working your way out of debt,” Ynostrosa said. “Start with the smallest balance and work from there. If you start small, you’ll be encouraged when you pay each one off.”

A common method is to dedicate a fixed amount to debt payoff every month. Once a bill is paid off, don’t reduce the amount; divert the money to another debt.

“A lot of companies offer balance transfers with no fees and lower interest,” Ynostrosa said. “This will reduce debt faster. The goal is to be out of debt within two to three years.”

Cut back

The next step is to lighten the wallet by cutting unnecessary credit cards.

“You need one or two but don’t get overextended,” Ynostrosa said.

Another tip, particularly for military people, is to limit allotments.

“Allotments are good, but people get too used to them,” he said. “If you allot \$50 a month to a finance company, you need to know

whether or not you’re paying the balance down. People need to review the number of their allotments and whether or not they’re paying down their debt.”

Communication is also key to healthy finances.

“I hear from a lot of husbands and wives who don’t communicate and end up in the hole,” Ynostrosa said. “A Soldier’s wife got angry because he was late paying his car payment. He asked her, ‘How do you think we had the money to go to South Padre?’”

Planning ahead

Although it may be too late for this year’s spending frenzy, it’s never too late to think about the next. Ynostrosa advises people to make a list of people and assign a dollar amount to

each one, then stick to the list.

“Above all, stay focused,” he said. “You can’t buy something for yourself every time you go shopping for someone else.”

People can also, if they’re not already shredded, review their receipts and figure out how much they spent. That way, they have an idea of how much to save for next Christmas.

“Take how much you spent and divide it by 12,” Ynostrosa said. “Then, save that amount in an account each month.”

Credit checks

Ynostrosa also encourages people to periodically review their credit report, a vital element to avoiding future problems.

“People don’t look because of the fear factor,” he said. “They don’t know what they’ll find out. But it’s usually not as bad as people think. People need to understand how important credit is; it’s the difference between a rent rut and owning their own home.”

People can start cleaning their credit mess up right away by avoiding missed payments. A late payment or non-payment goes on the credit report and stays there for seven years.

Most importantly, people need to start saving. If people save \$100 a month at 10 percent interest, they’ll have more than a million dollars at age 65, according to Jerry Mayer, a personal financial manager at Randolph Air Force Base, Texas.

Ynostrosa offers workshops and one-on-one help for people seeking balance in their finances through Army Community Service at the Roadrunner Community Center, Bldg. 2797.

Ynostrosa can pull credit reports for a minimal fee and help people devise a budget.

For more information or to make an appointment, call ACS at 221-2705 or 221-2418.

People can also go to the ACS Web site at <http://www.fortsamhoustonmwr.com/acs/programs/CAFAP/default.asp> for financial management programs and tips.



‘Baby bundles’ en route to military moms

By Robert Hansgen
Defense Commissary Agency Public Affairs

FORT LEE, Va. – As service members deploy and redeploy in support of Operation Iraqi Freedom, a mini baby boom is in the works, according to Defense Commissary Agency officials planning “baby bundles” for expectant moms.

The “baby bundles,” a Gerber Baby Product initiative, are now arriving at Marine Corps bases around the world, and DeCA officials said the packages will soon be available at Army, Air Force and Navy installations.

The bundles will be distributed through new parent support programs at military installations.

The bundles include a baby wash and

shampoo sample, pacifier, feeding plan and numerous coupons on Gerber product lines. Also included in the bundle is a commissary message welcoming the new baby to the military family and outlining some of the advantages of shopping the commissary.

“With the addition of a new family member, the commissary benefit and savings of 30 percent or more becomes more important to military families,” said Patrick B. Nixon, acting director and chief executive officer for DeCA. “It is also a chance to thank all the new mothers who serve on the frontlines or the home front.”

“At Gerber, we know that deployments coupled with expecting a new baby can cause mental and financial stress on military families and we want to do our

part to support programs that are helping families cope during this difficult time,” said Jim Burkley, national account manager for Gerber Baby Products. Overall, 5,000 bundles will be distributed to new parents and expectant mothers.

The Defense Commissary Agency operates a worldwide chain of nearly 275 commissaries providing groceries to military personnel, retirees and their families. Authorized patrons purchase items at cost plus a 5-percent surcharge, which covers the costs of building new commissaries and modernizing existing ones.

Shoppers save an average of 30 percent or more on their purchases compared to commercial prices, according to DeCA officials who maintain the savings are worth more than \$2,700 annually for a family of four.

Be aware of post safety regulations

When running on Fort Sam Houston roads, joggers are reminded to wear appropriate bright colored clothing or fluorescent or reflecting personal protective equipment during periods of reduced visibility.

Also, running with headphones or earphones is not permitted, except on running tracks.

If you are one of many runners who use installation roadways as your personal PT track, be forewarned! Signs have been posted along major installation roadways, including Stanley, Dickman and Artillery Post, that prohibit running on the road.

Fort Sam Houston Military Police are ticketing individuals jogging on these roads, who are in violation of FSH Regulation 385-5 and 190-5, Running Safety and Motor Vehicle Traffic Code, respectively. Individual joggers should use the running tracks and physical training fields when possible

Post policy prohibits running on Stanley, Dickman, Wilson, Artillery Post, Harry Wurzbach, New Braunfels, Scott and Schofield. It is permissible to run on the sidewalks that border these roads.



Smoke-free and courageous forever

Attend smoking cessation classes in the Health Promotion Center and learn how to find the courage to give up the nicotine habit forever, whether you smoke, dip or chew. Become one of our graduates and earn your “wings.”

Health Promotion Center, Room L31-9v, BAMC
916-3352 or 916-5538



Antiterrorism awareness shelter-in-place

The American Red Cross has developed a fact sheet on shelter-in-place with recommendations on how to respond in the event of a chemical, biological or radiological emergency. The information will be published in four parts. This article will address how to shelter-in-place at home. Upcoming articles will cover shelter-in-place for work, school and vehicle.

What does shelter-in-place mean?

If hazardous materials may have been released into the atmosphere, you will probably be told to shelter-in-place. This is a precaution aimed to keep you safe while remaining indoors. This is not the same thing as going to a shelter in case of a storm. Shelter-in-place means selecting a small interior room, with no or few windows, and taking refuge there. It does not

mean sealing off your entire home or office building.

Why you need to shelter-in-place

Chemical, biological or radiological contaminants may be released accidentally or intentionally into the environment. Should this occur, information will be provided by local authorities on television and radio stations on how to protect yourself and family.

Because information will most likely be broadcast, keep a television or radio on, even during the workday. The important thing is for you to follow instructions of local authorities and know what to do if they advise you to shelter-in-place.

How to shelter-in-place at home

- Close and lock windows and exterior doors.

- If you are told there is danger of explosion, close the window shades, blinds or curtains.
- Turn off all fans, heating and air conditioning systems.
- Close the fireplace damper.
- Get your family disaster supplies kit go to <http://www.redcross.org/services/disaster/beprepared/supplies.html>, and make sure the radio is working.
- Go to an interior room without windows that's above ground level. In the case of a chemical threat, an above-ground location is preferable because some chemicals are heavier than air and may seep into basements even if the windows are closed.
- Bring your pets with you, and be sure to bring additional food and water sup-

plies for them.

- It is ideal to have a hard-wired telephone in the room you select. Call your emergency contact and have the phone available if you need to report a life-threatening condition. Cellular telephone equipment may be overwhelmed or damaged during an emergency.
- Use duct tape and plastic sheeting (heavier than food wrap) to seal cracks around the door and any vents into the room.
- Keep listening to your radio or television until you are told all is safe or to evacuate. Local officials may call for evacuation in specific areas at greatest risk.

(Source: American Red Cross fact sheet)

Newly formed Silver Caduceus Society to enhance Medical Corps

By Maj. Cheryl Zeise
Special to the News Leader

More than 130 Medical Service Corps officers attended the newly formed Fort Sam Houston Silver Caduceus Society luncheon at the Officers' Club last month.

The guest speaker, Brig. Gen. Sheila R. Baxter, chief, Medical Service Corps, emphasized the value in forming a Silver Caduceus Society as a forum for Medical Service Corps officers to provide and receive mentorship, information and promote camaraderie and esprit de corps.

Baxter also provided information on her vision for the Medical Service Corps. She sees the corps as a "Cohesive team of Soldier-leaders, integral to the Army Medical Department mission, relevant to the

transforming Army and ready to excel in continuous global operations."

She has established three priorities that will foster a culture of innovation and enable all MSC officers to achieve this vision – leader development, communications and integration.

For more information or to join the Fort Sam Houston Silver Caduceus Society, contact a unit representative: For the Medical Command, Col. James Crocker, 221-7297; Brooke Army Medical Center, Capt. Jay Schwartz, 916-2411; 32nd Med. Bde., Maj. Joseph K. Weaver at 221-3899; Great Plains Regional Medical Command, Maj. Robert Mon, 295-2568; Army Medical Department Center and School, Maj. Steve Owens, 221-9942 or Maj. Cheryl Zeise, 221-9922.

Why wear seatbelts?

- Newer seatbelt design allows total freedom of motion while driving.
 - People who are thrown from cars are 25 times more likely to be killed than if they had been held securely in their seats.
 - The majority of all car accidents occur within 25 miles of home.
 - 80 percent of all serious injuries and fatalities occur in cars going 40 mph or slower.
 - In the unlikely event your car catches fire or is submerged, seatbelts can keep you from getting "knocked out" and greatly improve your chances of escape.
 - In a crash, unrestrained occupants of a car keep moving during the time the car takes to stop. They are still moving forward at their original speed when they slam into the steering wheel, windshield or other parts of the car.
 - You may be a good driver, but there are situations beyond your control such as weather and road conditions that can affect your safety.
 - Seatbelts are 57 percent effective in preventing traumatic and fatal brain injuries.
 - According to the National Highway and Traffic Safety Administration, over the last 10 years, safety belts have prevented some 55,600 deaths, 1,300,000 injuries and saved more than \$105 billion in costs.
- (Source: Fort Sam Houston Safety Office)



Take simple steps, protect against flu

According to the Centers for Disease Control, there are a number of simple things you can do to protect yourself from the flu even if you don't get the flu vaccination this year. These simple actions can help stop the spread of germs and protect you and others from getting sick:

- **Avoid close contact.** Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick, too.
- **Stay home when you are sick.** If possible, stay home from work, school and errands when you are sick. You will help prevent others from catching your illness.
- **Cover your mouth and nose.** Cover your mouth and nose with a tissue when coughing or sneezing. Discard used tissues immediately into a garbage can. Don't use your hands to stifle a cough/sneeze! Remember, your hands carry many germs and using your hand to cover your mouth can result in more infections.
- **Clean your hands.** Washing your hands often will help protect you from germs.

- **Avoid touching your eyes, nose or mouth.** Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose or mouth.
- Other good habits, such as getting plenty of sleep, engaging in physical activity, managing stress, drinking water and eating good food, will help you stay healthy in the winter and all year.
- Eat regular meals, including breakfast, so your body has a constant supply of energy to do its maintenance activities. The healthier you stay, the more likely your body will fight off any viruses that come along. When your body is well-rested, has proper nutrition and is in good physical shape, it is better able to fight off infections and resist getting sick.
- If you are thinking about quitting smoking, now is a good time to take the appropriate steps to do so. Some research studies show an increase in flu infections among smokers compared to nonsmokers. There is also a higher death rate from the flu for smokers.
- (Source: U.S. Army Center for Health Promotion and Preventive Medicine release)

Blood donation reward program

January is National Volunteer Blood Donor's Month. To emphasize the importance of blood donation, the Akeroyd Blood Donor Center and Brooke Army Medical Center invite people to donate blood five times in 2005. People must wait 56 days between donations. There will be a special reward for those who complete this program at the donor recognition ceremony at the end of the year. Each donation may help up to three people. For more information, call Richard Willis at the Akeroyd Blood Donor Center at 295-4655/4989.



Health Promotion January class schedule

Class	Date	Time
Introduction to Weight Reduction	Friday	12 to 1 p.m.
Breastfeeding Support Group	Friday	1 to 2:30 p.m.
Tobacco Cessation 'Readiness to Change'	Monday	11 a.m. to 1 p.m.
Cholesterol	Monday	9 to 11:30 a.m.
Diabetes Education	Monday	12:45 to 4:30 p.m.
Winning Combination No. 1	Monday	1 to 2:30 p.m.
Diabetes Foot Care	Monday	1 to 2:30
Tobacco Cessation 'Readiness to Change'	Monday	3 to 5 p.m.
Colonoscopy Education	Tuesday	10:45 to 11:45 a.m.
Diabetes Education	Tuesday	12:45 to 4:30 p.m.
Stress Management	Tuesday	1 to 2:30 p.m.
Tobacco Cessation 'Readiness to Change'	Tuesday	5 to 7 p.m.
Breast and GYN Cancer Support Group	Wednesday	9:30 to 11 a.m.
Office Yoga	Wednesday	12 to 1 p.m.
Fibromyalgia Treatment Group	Wednesday	1 to 3:30 p.m.
Self Care and Health	13	9 to 11 a.m.
Tobacco Cessation 'Readiness to Change'	13	3 to 5 p.m.
Colonoscopy Education	18	10:30 to 11:30 a.m.
Arthritis	18	9:30 to 11 a.m.
High Blood Pressure	19	9 a.m. to 12 p.m.
Office Yoga	19	12 to 1 p.m.
AD Self Care	20	8 to 10 a.m.
Breast and GYN Cancer Support Group	20	1:30 to 3 p.m.
Body Fat Testing	21	8 to 11 a.m.
Introduction to Weight Reduction	21	12 to 1:30 p.m.
Breastfeeding Support Group	21	1 to 2:30 p.m.
Diabetes Education	24	12:45 to 4:30 p.m.
Diabetes Foot Care	24	1 to 2:30 p.m.
Breast Health	25	9 to 10 a.m.
Colonoscopy Education	25	10:30 to 11:30 a.m.
Diabetes Education	25	12:45 to 4:30 p.m.
Breast and GYN Cancer Support Group	25	5:30 to 7 p.m.
Office Yoga	26	12 to 1 p.m.
Introduction to Weight Reduction	28	12 to 1:30 p.m.
Breastfeeding Support Group	28	1 to 2:30 p.m.
Diabetes Education	31	12:45 to 4:30 p.m.
For more information or to register, call Health Promotions at 916-3352.		

Post Pulse: What New Year resolutions have you made for 2005?



“My New Year’s resolution is to attend college and better my life in all aspects.”
Petty Officer
3rd Class Omar
Regalado



“I just want to grow closer to the Lord this coming year.”
Sandra Williams
of Natalia, Texas



“I plan to stop smoking this year.”
James Sutton,
retiree, U.S.
Army



“I plan to lose weight. I’m in a competition with my family to lose weight. Every month we’ll weigh in. Whoever loses the largest percentage will receive a \$25 gift certificate to the store of their choice from other family members.”
Karen Waters, marketing
manager

Family Action Plan gives voice to Soldiers’, families’ concerns

An Army Family Action Plan Community Forum is the first step in the process that conveys input from the Army family to leadership. The process lets Soldiers, Army civilians, retirees and their families identify what is working and what is not working in their community and the Army worldwide. It alerts commanders and Army leaders to areas of concern that need their attention and provides a mechanism for reporting back to the local community on the progress of the issues submitted.

The Army is the only branch of the Department of Defense that has such a program. This process has resulted in the

enhancement of local programs and quality of life, change in regulations and enactment of new legislation in support of military components.

Be a part of this important process. Submit issues to the 2005 FSH AFAP conference using the format provided. The program needs delegates representative of the community, including civilian employees, spouses of enlisted, NCO and officers, and retirees. Delegates attend pre-conference training and two-day conference Feb. 1 and 2. For a delegate application, call the AFAP program manager, Sue York, at 221-0275. Soldier delegates will be identified through their units.

FORT SAM HOUSTON ARMY FAMILY ACTION PLAN (AFAP) 2005 COMMUNITY FORUM PROCEDURE FOR SUBMITTING ISSUE PAPERS

Please use the following format when preparing your paper. You may submit as many issues as you like. Use a new form for each issue. Use the form below as a guide or as the actual form.

- Type or print clearly.
- The document should be one page in length.
- Review your issue paper. Will someone else understand what the problem is, whom it impacts and what you want done to fix it?

Make your voice heard – submit your issues by Jan. 15 ARMY FAMILY ACTION PLAN 2005 COMMUNITY FORUM ISSUE SUBMISSION FORM

ISSUE: (Summarize the problem/concern in a few words.)_____

SCOPE: (Define the issue/problem/concern in paragraph form. State the impact and validate with facts. Include any regulations, laws or policies of which you are aware that may impact the issue. Give enough information that the delegates will clearly understand the issue.)

Recommendations (s): (Tell us what you want to happen. Do not tell why; that is in the scope. Prioritize and number recommendations. Use strong descriptive verbs and end with a measurable outcome.)

Return completed Issue Submission Form to ACS/AFAP, Bldg 2797, 2010 Stanley Road #95, Fort Sam Houston, TX 78234. Issues may also be submitted by e-mail to Suella.York@samhouston.army.mil. E-mail submissions should be in the above format.

Provide as much of the requested information as you can on your issue. We understand you may not be familiar with the format. We need enough clear information in each section to understand the problem, its impact and what you want done about it.

- Use a separate page for each issue. You may duplicate this format.
- Personal information is optional and will be used for administrative purposes only. It will allow us to contact you for clarification of the issue if necessary, and provide feedback. Commanders or forum participants will not see it.

Issue Submitter’s Name: _____ Phone: _____

Address: _____ City: _____

Zip Code: _____ E-mail: _____

SPORTS

Powerlifting team ‘Strike Force’ breaks records

The Fort Sam Houston powerlifting team, Strike Force, proved to be a formidable opponent on the world and local platform recently.

Team members Dan Deuter, Mike Cox and Ray Baxter competed in the AAU World Championship at Laughlin, Nev.

Baxter broke the world and American records for the squat, deadlift and overall total in the Masters Division. Deuter won both of his divisions and set a new bench press record. Cox established two new personal records in the bench and deadlift with an overall increase of 100 pounds over last year’s competition.

In addition, team members David Mullins, Cox, Jose Gutierrez and Rick Selvidge competed locally in the USAPL December Fest held at Brooks Air Force Base. Once again, Strike Force stepped into the winner’s circle with three gold and one silver medals. Mullins set a personal record in the squat and deadlift and garnished a gold medal for his efforts. Cox grabbed the gold in his division and is definitely a force to be reckoned with in future competitions. Selvidge stepped on the platform from a 20 year absence and walked away with a gold medal as well. Gutierrez surprised himself and his teammates with a silver medal at his first competition. Gutierrez has been one of the team’s most stalwart performers during the training cycle prior to the competition.



Courtesy photo
Strike Force powerlifting team members Marty Hilliard (center); (front row) Dan Deuter, Rick Selvidge, Jose Gutierrez; (back row) David Mullins and Randy Pike took top honors in a recent competition.

Strike Force is looking to augment the team with both men and women competitors for the APF Texas State Championship on April 9 at Roundrock, Texas. For more information, e-mail David Mullins at ironeagle6@gmail.com.
(Source: Strike Force press release)

Basketball schedule

Varsity basketball

Saturday and Sunday

3 p.m. Ft. Sam Houston Rangers vs. Laughlin AFB, Jimmy Brought Fitness Center

Intramural Basketball

Monday (west court)

6 p.m. 418th/591st vs. Co A STB
6:45 p.m. 135th FA vs. Co A STB
7:30 p.m. BAMC vs. G.A.M.E.
8:30 p.m. Co B Acad Bn vs. Navy/Marines

Monday (east court)

6 p.m. G.A.M.E. vs. DENTAC
6:45 p.m. 232nd Med Bn vs. 5th Army
7:30 p.m. 470th MI vs. 5th Army
8:30 p.m. BAMC vs. 470th MI

Wednesday (west court)

6 p.m. Co B Acad Bn vs. DENTAC
6:45 p.m. BAMC vs. DENTAC
7:30 p.m. BAMC vs. 5th Army
8:30 p.m. G.A.M.E. vs. 5th Army

Wednesday (east court)

6 p.m. 418th/591st vs. 232nd Med Bn
6:45 p.m. 135th FA vs. 232nd Med Bn
7:30 p.m. 470th MI vs. 418th/591st
8:30 p.m. Navy/Marines vs. Co A STB

Softball tryouts

Post-wide men and women’s softball tryouts are Jan. 31 to Feb. 4 at 6:30 p.m. (rain date Feb. 7 to 11). Men practice at Leadership Field; women practice at Lady Leadership Field. For more information, call Earl Young at 221-1180 or e-mail earl.young@samhouston.army.mil.

Pingpong

The intramural pingpong coaches meeting is Jan. 10 at 1 p.m. at the Jimmy Brought Fitness Center. Season starts Jan. 17. For more information, call Earl Young at 221-1180 or e-mail earl.young@samhouston.army.mil.

Intramural volleyball

Intramural volleyball letters of intent

are due Feb. 1. The coaches meeting is Feb. 4 at 1 p.m. at the Jimmy Brought Fitness Center. The season starts Feb. 14. For more information, call Earl Young at 221-1180 or e-mail earl.young@samhouston.army.mil.

Intramural soccer

Intramural soccer letters of intent are due Feb. 2. The coaches meeting is Feb. 7 at 1 p.m. at the Jimmy Brought Fitness Center. The season starts Feb. 16. For more information, call Earl Young at 221-1180 or e-mail earl.young@samhouston.army.mil.

Intramural racquetball

Intramural racquetball letters of intent are due Feb. 7. The coaches meeting is

Feb. 16 at 1 p.m. at the Jimmy Brought Fitness Center. The season starts Feb. 21. For more information, call Earl Young at 221-1180 or e-mail earl.young@samhouston.army.mil.

Intramural flag football

Intramural flag football letters of intent are due Feb. 7. The coaches meeting is Feb. 16 at 1 p.m. at the Jimmy Brought Fitness Center. The season starts Feb. 21. For more information, call Earl Young at 221-1180 or e-mail earl.young@samhouston.army.mil.

60 Days of Fitness

60 Days of Fitness is a motivating fitness and weight loss program to help people safely lose 15 pounds in 60 days

using a point system. The self-paced program requires people to workout 45 out of 60 days and includes a seven-page fitness assessment, body fat analysis and body measurements. There are also two 30-minute weight loss classes. The cost for the program is \$40, which includes a T-shirt. For more information, call Lucian Kimble at 221-2020.

Basketball Camp

The Ten Star All Star Summer Basketball Camp is accepting applications from 10 to 19-year-olds. Past participants include Michael Jordan, Tim Duncan and Vince Carter. College basketball scholarships are possible for players accepted to the All-American Team. For more information and camp locations, call (704) 373-0873.

MWR

Recreation and fitness

Post garage sale

Clean out your closet for the next garage sale, which is Feb. 5 from 7 a.m. to 1 p.m. at the MacArthur Pavilion parking lot, on the corner of Harry Wurzbach and Stanley Roads. To participate as a seller, people must have a valid Department of Defense ID card. There is no cost; however, participants must pre-register by calling 221-2926 or visiting the Web page at www.portsamhoustonmwr.com. MWR provides a space in the parking lot; participants must bring their own tables, or may rent one at the Outdoor Equipment Center by calling 221-5224.

Riding lessons

Weekday riding lessons are available at the Equestrian Center. Lessons slots are Mondays, Tuesdays and Wednesdays from 10:30 a.m. to 4:30 p.m. for Western, English and Jumping. For more information, call 224-7207.

Trail rides

The Equestrian Center offers one-hour trail rides Saturdays and Sundays. People ages 7 and up are welcome, however, adults

must accompany all children. The cost is \$20 per person. Reservations are required and may be made by visiting the Equestrian Center or by phone. Riding times are 8:30 to 9:30 a.m., 10 to 11 a.m., 12:30 to 1:30 p.m. and 2 to 3 p.m. For more information, call 224-7207 or visit Bldg. 3550, Hawkins Rd., off Binz-Engleman.

Equipment rentals

The Outdoor Equipment Center (Bldg. 1111, Forage Road) offers a wide variety of recreational equipment for rent including fishing boats, travel trailers, camping equipment, large barbecue/smoker pits, canopies, tables, chairs, and play bouncers and dunking booths for unit gatherings or birthday parties. Utility trailers (both open and covered) are also available. For more information, call 221-5224.

Dining and entertainment

Sam Houston Club

Bingo

Bingo starts today. Come play Bingo Thursdays and Fridays (6:50 p.m.– Early Bird start) Saturday (12:50 p.m. – Early Bird start) Doors open at 5 p.m. Children 10 and up may play when accompanied by an adult.

\$10,000 is ready to be given away. Free buffet for all bingo players.

Super TGIF

Super TGIF is Jan. 21; the bar opens at 4:30 p.m. Open buffet for everyone and no cover charge for members – non-members pay \$3.

Sams Sports Bar

SoundTraxx DJ Greg Norton provides entertainment Jan. 14 and 28.

Light lunch

The Sam Houston Club will start serving assorted sandwiches, soups and salads along with the “All You Can Eat” buffet Monday. Lunch includes beverage, salad bar, soup and dessert. Hours are Mondays through Fridays from 11 a.m. to 1 p.m.

Golf Club

Mulligan’s Snack Bar

Eat lunch seven days a week from 11a.m. to 2 p.m. Stop by Saturdays and Sundays for the breakfast buffet, 6:15 to 10 a.m.

Pro Shop

Shop at the Pro Shop and get 10 percent off winter clothing and apparel. For more information, call 222-9386.

Bowling Center

Bowling lessons

Lessons are Tuesdays and are free to league bowlers (\$25 for non-league bowlers).

Family bowling

Family bowling day is Sundays; adults and youth 12 and up pay \$1.75 per game (children under 12 bowl free). Shoe rental \$1. The special excludes birthday parties and cannot be combined with other special offers.

Soldier appreciation

Soldier Appreciation Day is Saturdays from 11a.m. to 8 p.m. Free shoe rental and medium soda with purchase of game.

Cyber Bowl

Cyber Bowl is Saturdays 8 p.m. to 10 p.m. Cost is \$10 per person 12 and up, \$5 per person under 12.

Harlequin Dinner Theatre

“Ten Little Indians,” a mystery by Agatha Christie, will be performed Wednesday to Feb. 19. Call the box office at 222-9694 for show times and tickets.

MWR Ticket Office

The ticket office has Disney and Universal Studios tickets, along with 2005 Entertainment Coupon Books. The 2005 Season Passes for Sea World and Fiesta Texas are now available. Disney Line has special rates for military that start at \$349. Disney on Ice presents “Finding Nemo,” tickets are available for March 24 to 27. Tickets are only \$12 for March 25 and 27. There are also tickets for the San Antonio Stock Show & Rodeo, which is Feb. 4 to 20; tickets are \$35. Show will feature Willie Nelson, Brooks & Dunn and Bill Cosby. The ticket office is open Mondays through Fridays from 10 a.m. to 5 p.m. For more information, call 226-1663.

Rampage Military Appreciation Night

Join the San Antonio Rampage hockey team as they recognize military members throughout San Antonio and the United States. A special Military Appreciation Night will be Jan. 28 at 7 p.m. at the SBC Center. Tickets for all Department of Defense ID cardholders are discounted to \$10 per person and include one lower level game ticket, hotdog, soda, ice cream and a chance to win a Rampage jersey. Ticket order forms can be obtained by visiting any MWR facility including the bowling center, Army Community Service and the Jimmy Brought Fitness Center. Ticket orders are due by Jan. 21. For more information, call 221-2926 or 221-2307. Jerseys worn by the players will be auctioned at the end of the game. Proceeds benefit Fort Sam Houston ACS, San Antonio Fisher House, American Red Cross and the Lackland Air Force Base Family Support Center.



RELIGIOUS HAPPENINGS . . .

PWOC Spring Kickoff

The Protestant Women of the Chapel will sponsor their Spring Kickoff Wednesday from 9:30 to 11:30 a.m. at Dodd Field Chapel. The program will introduce new Bible studies and offer a chance to fellowship. Children are welcome and are supervised by certified childcare workers. To join the group or for more information, call Carolyn Wafford at 223-3856 or Lois Griffith at 226-1295, or visit the chapel Web site at <http://www.cs.amedd.army.mil/chaplain/Womensministry/>.

Faith Fitness for Women

The Protestant Women of the Chapel sponsor Faith Fitness for Women, a program that helps women improve their physical fitness through faith-based encouragement and support. The group meets Tuesdays and Thursdays at 9 a.m. at the Jimmy Brought Fitness Center beginning Jan. 18, and is open to all Fort Sam Houston community women. For more information, call 829-4479.

Positive moms group

The Protestant Women of the Chapel sponsor an enrichment class for Fort Sam Houston women seeking positive ways to deal with the complex job of being a mom. The class is Thursdays starting Jan. 27 from 6:30 to 7:30 p.m. at the Dodds Field Chapel. The group will read and discuss, “The Power of a Positive Mom” by Karol Ladd over a 10-week period. Childcare for infants to 5-year-olds will be provided. For more information, call 829-4479.

JANUARY INTERFAITH CALENDAR . . .

Today Epiphany * - Christian (Christian commemoration of the manifestations of the divine nature of Jesus Christ. The homage of the magi to the infant Jesus is honored by some. For others the Baptism of Jesus is the remembered event.)

Today Feast of the Theophany - Orthodox Christian (Orthodox Christian Feast to recall the revelation of the Holy Trinity in the baptism of the Lord.)

Sunday Baptism of the Lord Jesus - Christian (Christian commemoration of the beginning of the public ministry of Jesus.)

13 Maghi - Sikh (Sikh commemoration of a battle in which forty Sikhs died for Guru Gobindh Singh Ji.)

16 World Religion Day - Baha’i (Baha’i sponsored day dedicated to the unity and oneness of all world religions.)

19 Waqf al Arafa - Islam (Islamic observance day during Hajj when pilgrims pray for forgiveness and mercy.)

19-22 Hajj - Islam (Islamic pilgrimage rites at Mecca on 7-12th days of month of Dhu al-Hajja. Concludes with Eid al Adha when those not traveling to Mecca take part.)

21-24 Id al Adha - Islam (Islamic day to remember Abraham and the almost sacrifice of Isaac.. Meat is given to the poor.)

25 Tu B’shvat * - Jewish (Jewish celebration of the coming of spring by preparation of foods native to Israel. It is also known as “New Year for Trees” - a method for determining the age of trees for tithing purposes.)

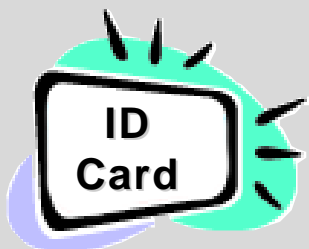
Notes: * Usually begins at sundown the day before this date.
** Local customs may vary this date.

POST WORSHIP SCHEDULE

Main Post Chapel , Bldg. 2200, phone number: 221-2754 Catholic Services: 4:45-5:15 p.m. - Confessions - Saturdays 5:30 p.m. - Mass - Saturdays 9:30 a.m. - Mass - Sundays 11:30 a.m. - Mass - Weekdays Protestant Services - Sundays: 8 a.m. - Traditional Protestant 11 a.m. - Traditional Protestant Jewish Services: phone numbers: 379-8666 or 493-6660 Fridays: 8 p.m. - Worship and 8:30 p.m. - Oneg Shabbat	10 a.m. - 32nd Medical Bde. Soldiers Troop Protestant Gospel Services: Sundays: 11:30 a.m. - 32nd Med. Bde. Soldiers Troop Protestant Service: 9 a.m. - 32nd Medical Bde. Soldiers
Dodd Field Chapel , Bldg. 1721, phone numbers: 221-5010 or 221-5432 Catholic Services - Sundays: 12:30 p.m. - Bilingual Mass Protestant Services: 10:30 a.m. - Collective Gospel Protestant - Sundays 9:30-11:30 a.m. - Women’s Bible Study (PWOC) - Wednesdays, childcare is provided	FSH Mosque , Bldg. 607A, phone numbers: 221-5005 or 221-5007 1:30 p.m. - Jumma - Fridays 10:30 a.m. - Children’s Religious Education - Sundays 7:30 p.m. - Adult Religious Education - Thursdays
AMEDD Regimental Chapel , Bldg. 1398, phone number: 221-4362 Troop Catholic Mass: Sundays:	Brooke Army Medical Center Chapel , Bldg. 3600, phone number: 916-1105 Catholic Services: 8:30 a.m. - Mass - Sundays 11:15 a.m. - Mass - Sundays 11 a.m. - Mass - Weekdays Protestant Services: 10 a.m. - Worship Service - Sundays Noon - Worship - Wednesdays
	232nd Medical Battalion Classroom , Bldg. 1380, phone numbers: 221-5005 or 221-5007 Mormon Services: 10:30 a.m. - Sundays Web site: www.cs.amedd.army.mil/chaplain

Need an ID Card?

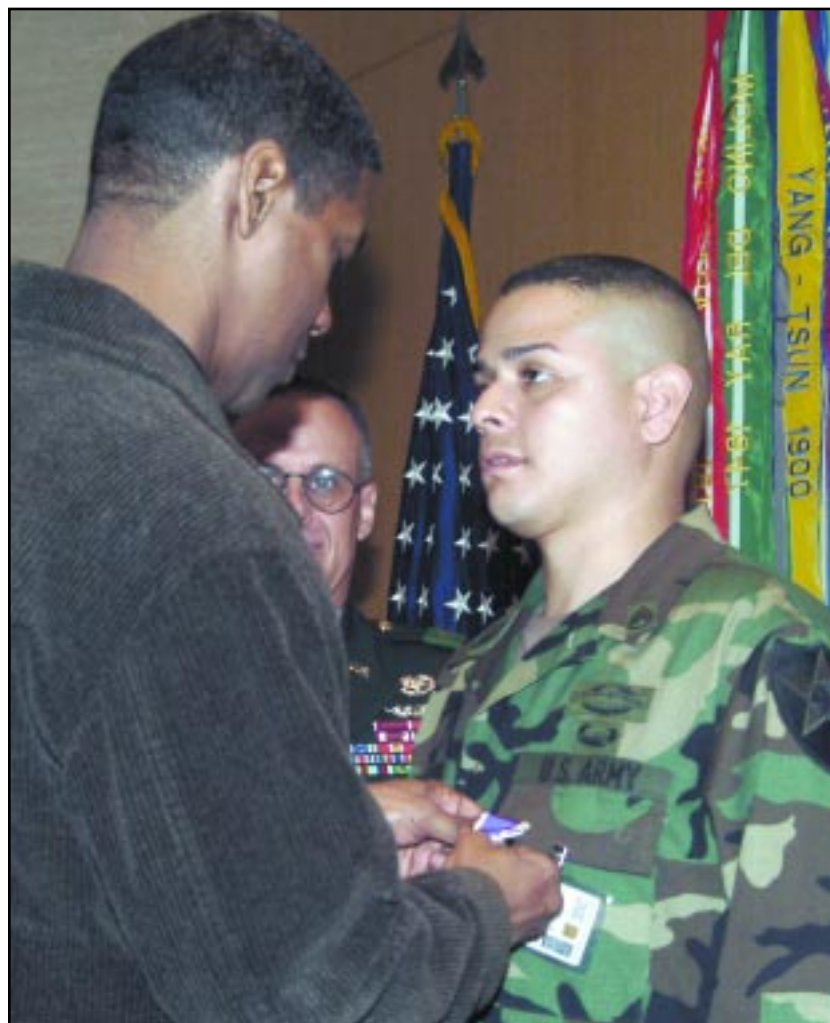
The ID Card Office, located in Bldg. 367, accepts appointments from 1 to 3:30 p.m., Monday through Friday. Normal walk-ins are between the hours of 7:30 to 11 a.m., daily. To schedule an appointment, call 221-2278 or 221-0415. You can also obtain an ID Card at the Brooke Army Medical Center ID Card Office, located in the lower floor within the TRICARE Office. To schedule an appointment, call 916-0838.



Spc. Connie Spinks is all smiles and momentarily miles away from the memory of a suicide bomber as Denzel Washington pins her Purple Heart. Spinks said that if she were not already in a wheelchair, she would have fainted when Washington gave her a quick kiss on the cheek.



Photos by Diane Martinez



(Above) Brooke Army Medical Center Commander Brig. Gen. C. William Fox Jr. and Denzel Washington salute the Purple Heart recipients, Staff Sgt. Alonso Buenrostro Jr., Spc. Justin Burgess and Spc. Connie Spinks.

(Left) Staff Sgt. Alonso Buenrostro, Jr. of Los Angeles receives his Purple Heart medal from Denzel Washington for gunshot wounds sustained in October during a fire fight in Iraq.

Movie star honors Purple Heart recipients

By **Nelia Schrum**
BAMC Public Affairs

Two-time Oscar winner, Denzel Washington, along with two Medal of Honor recipients, Col. Robert L. Howard and Maj. Al Rascon, joined Brig. Gen. C. William Fox Jr., the commander of Brooke Army Medical Center, Dec. 17 to award Purple Hearts to three injured Soldiers recovering at the hospital.

Staff Sgt. Alonso Buenrostro, Spc. Justin Burgess and Spc. Connie Spinks were honored for their dedication to duty.

"This ceremony is all about taking time out from our busy lives to recognize the service and sacrifice of our fellow Americans wounded in battle," Fox said. "They serve with honor, dignity and pride. Their sacrifices have enabled millions to have the hope of freedom."

Buenrostro, 28, a combat infantryman from Los Angeles, was manning a checkpoint in Ar Ramandi, Iraq, on Oct. 19 when a fire fight erupted. He sustained a gunshot injury to his left hand.

Burgess, a 21-year old Reservist from Ohio, who serves as a motor transport operator, received two Purple Hearts for wounds sustained in April and later in September. He came to BAMC in September after mortar rounds from an improvised explosive device inflicted burn injuries to his face, legs and arms.

Spinks, 22, from Asheboro, N.C., sustained burn injuries and broken bones Oct. 13 in Mosul, Iraq, when a suicide bomber attacked the convoy killing two Soldiers and injuring Spinks and four other Soldiers.

Spinks, who received a quick peck on the cheek from Washington, drew cheers from the audience. She quickly called her

mom, Annette, up on stage for a hug and kiss from Washington.

A public affairs specialist, Spinks said she had to do that for her mom. "She's been here for me since October."

Washington, who has starred in 31 films, was cited by Fox as a man of passion and intensity "whose patriotism and love for country runs very deep."

Speaking to the packed BAMC audience, Washington quipped that he had acted in almost every war, but was most honored to recognize the bravery of the honored Soldiers.

"When you think you are coming to give something, as is often the case, you land up getting so much more," Washington said. "From the bottom of my heart, my family and I want to thank you for letting us recognize such brave young men and women."

Washington drew loud applause when he voiced his support for the military.

"You read a lot about celebrities being anti-war and anti-this," Washington said. "But this particular celebrity supports you 100 percent."

Following the ceremony, the movie star visited about 20 military patients recuperating from wounds sustained in the Global War on Terrorism. He then went to BAMC's Fisher Houses to visit with families of the wounded. Leaving BAMC, Washington traveled to the Audie Murphy Veterans Hospital stopping at the Spinal Cord injury unit.

Washington and his family also made an appearance that evening at the BAMC Holiday Ball, where he thanked the staff for their dedication to duty and their efforts in restoring America's war wounded.

Texas senator pins four Purple Hearts

By Maj. Steven R. Moon
BAMC Public Affairs

Texas Senator Kay Bailey Hutchison presented Purple Hearts to four Operation Iraqi Freedom Soldiers during a formal ceremony Dec. 29 at Brooke Army Medical Center for injuries sustained in the War on Terrorism.

These Soldiers were injured when the dining hall in Mosul, Iraq, was attacked Dec. 21 by a suicide bomber.

Sgt. Christian Steele, Spc. Donald Larson, Spc. Donald Bergren and Pfc. Amanda Mohon received their Purple Hearts in front of a crowd of more than 250 Soldiers, civilians, BAMC staff members and numerous local media.

Senator Hutchison joined Brig. Gen. C. William Fox, Jr., BAMC commander, in presenting the Purple Hearts. ESPN's sports commentator, Lee Corso, was also in the audience.

"I was very touched," Hutchison said. "It was touching for me as well as all those who witnessed these four brave men and women. I told General Fox I get more from these Purple Heart ceremonies than they do."

The senator said she was proud of the response of the military that were called to protect freedom and the American way of life.

"I'm just always amazed at the spirit and resilience in these young American Soldiers and their families," said Hutchison. "It is why we are going to win this war because our young people are so good and they have that positive spirit and they know the fight is worth the effort."

When asked about the circumstances of the Mosul incident by the media, Hutchinson said, "Penetrating our own base was a shock, there's no doubt about it. A suicide bomber is terrible. That was someone who apparently had on an Iraqi uniform so he was a trusted person.

"You have to be aware uniforms can be stolen. Airline pilot uniforms have been stolen. So they're just going to have to take precautions with every person that enters the base regardless of who it is," she said.

She noted the military is making changes in security procedures to prevent similar incidents.

"I think we are in a mode now to be very careful and leave no stone unturned for the security of our own forces and our own people," said Hutchinson.

The senator is credited with leading efforts to increase the military defense appropriation in

support of the military and for building medical facilities, such as BAMC.

"Senator Hutchison is one of the leaders who was fundamentally involved in developing this brand new institution and the Institute of Surgical Research," Fox said.

Fox thanked Hutchison for ensuring BAMC has the resources to provide world-class care to both military beneficiaries and the civilians of San Antonio and 19 surrounding counties.

Fox traced the history of the Purple Heart. The medal, designed by George Washington in 1782, recognizes heroism and valor in the face of the enemy and is the first congressionally mandated award. The award, a figure of a heart in purple cloth edged with narrow lace, is pinned on the left breast pocket of a Soldier.

"Ceremonies like these give the BAMC staff the opportunity to recognize our brave Soldiers injured in the Mosul attack," Fox said. "They were injured in the course of duty, defending this nation and the freedoms of this great nation."

All four Soldiers received their injuries when a suicide bomber detonated an explosive device in the dining facility where they were eating.

Steele, a communications support specialist, sustained injuries to his leg and hands when the blast occurred. Steel had just walked into the dining facility and picked up a plate.

A Gary, Ind., native, Steele came from Fort Lewis, Wash., before deploying to Iraq in early October 2004.

Larson, a small-arms repairer, deployed in mid-September 2004 from Fort Lewis.

Larson had just completed guard duty and was going to the dining facility for something to eat. The Vancouver, Wash., native sustained injuries to his face, hands, torso and calf in the explosion.

Bergren, a native of Watertown, Wis., deployed mid-September 2004 from Fort Lewis. The infantryman was eating his meal in the dining facility when the explosion occurred. He suffered injuries to his hands, face and arms.

Mohon, a native of Willow Creek, Calif., deployed mid-September 2004 from Fort Lewis, Wash. The generator mechanic had just walked into the dining facility when the explosion occurred. She suffered burns to her face, neck and hands.

Prior to the ceremony, Hutchison greeted Soldiers and family members, who were treated at BAMC, in the command conference room. The Senator also visited with inpatients.



Photos by Mike Dulevitz

Sgt. Christian Steele receives his Purple Heart from Texas Senator Kay Bailey-Hutchison for injuries sustained in the suicide bombing of the dining facility in Mosul, Iraq. Steele is assigned to the 25th Infantry Division.



Texas Senator Kay Bailey-Hutchison expresses her appreciation to Spc. Donald Bergren after pinning on his Purple Heart in a ceremony at Brooke Army Medical Center Dec. 29. Bergren sustained his injuries in the suicide bombing of the dining facility in Mosul, Iraq.



(From left to right) Texas Senator Kay Bailey-Hutchison prepares to pin on Purple Hearts awarded to Sgt. Christian Steele, Spc. Donald Larson, Spc. Donald Bergren and Pfc. Amanda Mohon for injuries they sustained in the suicide bombing of the dining facility in Mosul, Iraq. The ceremony took place in the auditorium at Brooke Army Medical Center where the four Soldiers are receiving medical treatment and recuperating from injuries. They are assigned to the 25th Infantry Division, Schofield Barracks, Hawaii.

CHILD AND YOUTH SERVICES

Youth Happenings

Instructional classes

People interested in instructional classes such as Tae Kwon Do, quarterly babysitter training or gymnastics can call 221-4882 or 221-4871/1723.

Open recreation

School Age Services offers after school, weekend open recreation and after school hourly care to children in first through fifth grade. People have to sign up for hourly and open recreation in advance. Children must be registered through central registration prior to using the School Age Program. For more information, call School Age Services at 221-4466. To register, call central registration at 221-4871 or 221-1723.

Boredom remedy

Youth Services offers after school and weekend opportunities for sixth through 12th graders. For more information, call Youth Services at 221-4882 or Child and Youth Services central registration at 221-4871.

Basketball registration

Youth Services basketball registration is ongoing from 10 a.m. to 7 p.m. for 3 to 17-year-olds (full for 13 and 14-year-olds). The cost for 5 and older is \$45 for the first child and \$40 for all other siblings in the same family. The cost for 3-to 4-year-olds is \$25 per child. Games begin this month. A birth certificate, physi-

cal and CYSD registration are required to register. To volunteer or for more information, call 221-5513 or 221-3502.

AHFSH soccer registration

Alamo Heights Fort Sam Houston Soccer League will sponsor spring soccer registration Saturday and Jan. 15 from 9 a.m. to 3 p.m. The cost is \$50 per person. The uniform cost will be announced at a later date. For more information, call the Youth Center at 221-3502.

Free after school program

Youth Services offers an after school program for sixth through ninth graders weekdays until 6 p.m. YS will pick up children from either the elementary school or high school. Students go to the Youth Center, have a snack, work on homework, participate in clubs and do fun, innovative projects. They can join the 4-H club, photography club, a computer technology club and a variety of other clubs. YS can add areas of interest that appeal to parents and students. Students must be registered with Child and Youth Services, which has an \$18 annual fee, but the after school program for middle and high school students is free. For more information, call 221-3502.

Volunteers needed

Youth Services is looking for volunteers to assist with youth programs, including coaches, computer-skilled people, people with craft hobbies or anyone who just cares about kids. For more

information or to volunteer, call the Youth Center at 221-3502.

Parents wanted

Parents are invited to come to the Youth Center every third Saturday of the month from 6 to 9 p.m. to join the Youth Center staff and the teens and middle school youth in a game of basketball. Parents and staff try to outmaneuver the teens and score a few baskets. Refreshments are provided. For information, call the Youth Center at 221-3502.

Saturday open recreation

First through 12th graders can participate in open recreation at the Youth Center Saturdays. First through fifth graders meet from 3 to 8 p.m., sixth through eighth graders from 3 to 10 p.m. and ninth through 12th graders from 3 to 11 p.m. Activities include computer lab, arts and crafts, basketball, pool, pingpong and movies. People must be registered with Child and Youth Services to attend. For more information, call 221-3502.

Saturday shuttle

Youth Services offers a Saturday shuttle to and from the Youth Center. There is no cost but parents with children 9 years old and younger must wait for the van and sign them in and out. The shuttle schedule is

- 3 p.m. - leave the Youth Center
- 3:10 p.m. - Gorgas Circle (picnic tables)
- 3:13 p.m. - Schofield/Dickman on Schofield
- 3:16 p.m. - Reynolds and

- Dickman on Reynolds
- 3:20 p.m. - Officers' Club tennis courts
- 3:25 p.m. - Artillery Post Road at bus stop
- 3:30 p.m. - Easley/Infantry Post at bus stop 660
- 3:37 p.m. - Patch Road (playground)
- 3:40 p.m. - Marvin R. Wood (basketball courts)
- 3:47 p.m. - Patch Road (shoppette parking lot)
- 3:51 p.m. - Foulois/Scott Road (Harris Heights)
- 3:54 p.m. - Forage/Foulois
- 4:02 p.m. - Powless Guest House
- The return shuttle will leave the Youth Center at 7:30 p.m. for those in fifth grade and below. There is also a shuttle that leaves at 9:30 p.m. for those in middle school and at 10:30 p.m. for those in ninth grade and up. These shuttles are for youth who live on the installation. For more information, call 221-3502.

Piano instructor wanted

Youth Services seeks a certified piano instructor willing to teach first through 12th graders. Instructor must be able to teach on weekday afternoons and evenings or Saturdays. For more information, call the Youth Center at 221-3502.

Youth opportunities

Sixth through 12th graders seeking after school and weekend opportunities can call Youth Services at 221-4882 or Child and Youth Services Central Registration at 221-4871.

Parent News

Home-based child care

Family Child Care offers home-based child care for ages 4 weeks to 12 years old on and off post with certified providers. FCC offers full day, part day, before and after school care, hourly care, extended hourly care and long term care. For referral information or child registration, call Child and Youth Services Central Registration at 221-4871 or 221-1723.

FCC providers

Family Child Care is looking for family members interested in becoming certified FCC providers. There is a no-cost start-up plan. For more information, call 221-3820 or 221-3828.

PAC meeting

The Child and Youth Services Parent Advisory Council meeting will be Jan. 18 from 11:30 a.m. to 12:30 p.m. at the Child Development Center, 2530 Funtston. Lunch will be provided. This is an opportunity for parents to learn of upcoming events, meet staff and address concerns.

Full-time day care

If you need full-time day care for children 3 to 5 years old, call Central Registration at 221-4871.

Check wait list

People on the full-time day care wait list at the Child Development Center should check their status on the wait list to avoid losing status. To check status, call Central Registration at 221-4871.

SCHOOL NEWS

Fort Sam elementary teacher receives educator excellence award

Story and photo by Dr. Gloria Davila
FSH ISD associate superintendent

Becky Taplin, Fort Sam Houston Elementary math and reading specialist, received the 2004-2005 ExCEL Award at a school-wide assembly Tuesday.

Deborah Knapp, KENS-TV news anchor, conducted the ceremony. This is the sixth year KENS-TV and the San Antonio Federal Credit Union co-sponsored the ExCEL Award program for local area teachers.

In the past five years, 95 teachers from Bexar County school districts have been honored and recognized with an ExCEL Award. The goal of the award program is to recognize the outstanding educators in the San Antonio area who are making a positive impact on the lives of children.

KENS-TV filmed segments of the ceremony and follow-up interviews. The segments will air today during Eyewitness News at 6 p.m. and Saturday on Eyewitness News from 7 to 9 a.m. Information on the ExCEL Award and Taplin can also be found at www.mysanantonio.com and www.sacu.com.

"We at KENS-TV and SACU are proud to tell our community the positive stories of teachers who touch the lives of our students," Knapp said. "But we are here today to honor and recognize an outstanding teacher from Fort Sam Houston Elementary, Becky Taplin."

At one point in the ceremony, Knapp asked the students in the audience who had the best teacher in the school. All the students raised their hands. To that, Knapp responded, "What a compliment to all the teachers at Fort Sam Houston Elementary!"



Eddie Williams (left), San Antonio Federal Credit Union assistant vice-president and manager, and (right) Deborah Knapp, KENS-TV news anchor, presented the Golden Apple trophy to Becky Taplin (center) for being named the KENS-TV/SACU ExCEL Award winner for 2004 to 2005.

Taplin has been teaching for 33 years as a general education and compensatory education teacher in the pre-kindergarten, first, third and fourth grades. She is currently a math and reading specialist, helping students succeed in meeting performance standards in both district and state assessments.

Taplin has demonstrated leadership abilities through different capacities, as grade level chairperson, mentor to new teachers, and a member of numerous district and campus committees.

Taplin and her husband, a retired Army officer, have three grown children who previously attended the Fort Sam Houston ISD schools.

FSH Independent School District Weekly Campus Activities Monday to Jan. 15

Fort Sam Houston Elementary School
Tuesday
Class pictures

Jan. 14
Spirit Day

Robert G. Cole Jr. / Sr. High School
Monday
Boys' basketball vs. Ingram, 6 and 7:30 p.m.

Tuesday
Girls' basketball vs. Comfort at Cole, 5 and 6:30 p.m.
UIL one act play auditions at Theater Arts Building, 3:45 p.m.

Wednesday
Girls' soccer vs. Incarnate Word at Cole, 4:30 p.m.

Jan. 13
Girls' soccer vs. TMI at Cole, 5 p.m.
Boys' soccer vs. TMI at Cole, 7 p.m.
Mentor awareness barbecue dinner at cafeteria, 5 to 6:30 p.m.

Jan. 14
Boys' basketball vs. Johnson City at Cole, 5 and 8 p.m.
Girls basketball vs. Johnson City at Central Post Gym & Cole, 5 & 6:30 p.m.

Jan. 15
UIL one act play rehearsal, 1 to 4 p.m., Moseley Gym.

COMMUNITY LINK

Happenings

Special Olympics promotion

The Fort Sam Houston commissary will sponsor a “Hoops for Special Olympics” Friday from 1 to 3 p.m. Take a shot at the hoop for a \$1 donation to Special Olympics. Special Olympic athletes will be on site to assist with the event. People get a complimentary gift for trying as well as a shot at a grand prize.

Kindermusik

The Oakwell Branch Library, 4134 Harry Wurzbach, offers a Kindermusik demonstration for 3- to 5-year-olds and their parents today at 10 a.m. To register, call 828-2569.

Open house for student spouses

The Army Family Team Building will sponsor an open house Monday from 10 to 11 a.m. at the Roadrunner Community Center, 2010 Stanley Rd., Bldg. 2797. The event is a great opportunity for spouses of students in any of the Army programs to find out about the post. People can bring their children. Dress is casual. For more information, call the AFTB office at 221-2705.

Comptroller luncheon

The Alamo Chapter of the American Society of Military Comptrollers invites members and non-members to January’s luncheon at the Fort Sam Houston Golf Course Club House Wednesday from 11 a.m. to 1 p.m. The guest speaker is Elaine Sanders, associate professor at University of Texas San Antonio. For more information, call Gloria Mendoza, at 565-3828.

Singing lessons

Alamo Metro Chorus, a chapter of Sweet Adelines International Inc., invites women who love to sing to four music-filled evenings in January. Each week, participants will experience four-part harmony designed for women’s voices. Sessions are Thursday evenings beginning Jan. 13 through Feb. 3 at 7 p.m. in the Beitel Memorial Lutheran Church Fellowship Hall, 2515 Austin Highway (at Perrin Beitel) in San Antonio. A \$5 donation is requested to cover the cost of printed materials and tapes. For more information, call 710-8557.

Spouses’ Club luncheon

The Officers and Civilians Spouses’ Club hosts a January luncheon “Potpourri Bingo” at the Sam Houston Club, Bldg. 1395, at 11 a.m. To sign up, call Sigrid Reitstetter at 226-8806 or sigrid.reitstetter@amedd.army.mil before noon Jan. 14.

Auditions for youth

Fort Sam Houston’s Youth Services will hold open auditions for a performing arts group, “The Rainbow Kids,” Jan. 15. The group is for children ages 6 through 13 years who like to sing, dance, and perform comedy or special acts. The audition begins at 3 p.m. at Fort Sam Houston School Age Services, Bldg. 1705, off Winans and Dodd Roads across from the chapel. Children should have a routine prepared. For more information, call the Youth Center at 221-3502 or 221-4882, School Age Services at 221-4466 or Ron Joy at (830) 980-7786 or (210) 295-2093.

Spanish classes

The Fort Sam Houston Army Family Team Building program will offer Level 1 in Spanish Jan. 15 from 8 a.m. to 3:30

p.m. at the Roadrunner Community Center. Classes are open to family members, Soldiers and Department of Defense civilians. Refreshments and a light lunch will be provided. For more information or to register, call 221-0275 or 221-2418.

Pinewood Derby

Cub Scout Pack 23 will sponsor its annual Pinewood Derby Jan. 22 from 9 a.m. to 12 p.m. at the Roadrunner Community Center. For more information, call Barry England at 223-9196.

Fort Sam Houston Technology Expo

The Fort Sam Houston Technology Expo will be held Jan. 27 from 10 a.m. to 2 p.m. in the Sam Houston Club, Bldg. 1395 (former NCO Club). More than 30 exhibitors will demonstrate the latest in computer hardware, software and information services. Some featured technologies are knowledge management solutions, data warehousing, network operations services, information assurance/security, mobile/wireless computing, collaboration tools and hardware/software. The event is free and open to the public. Complimentary refreshments and free prizes will be offered while supplies last. For more information or to request a specific company or technology, call Kathryn Stephenson at (888) 603-8899 or e-mail Stephenson@ncsi.com.

Volunteer

BAMC seeks volunteers

Brooke Army Medical Center is looking for active and upbeat volunteers to be “Partners in Healing.” BAMC wants volunteers who understand the hardships of coping with illness or injury and who empathize with the special needs of patients. BAMC offers 130 positions to match each volunteer’s skills and interests. To volunteer, call the Office of Volunteer Services at 916-5083.

Caremobile drivers needed

Caremobile drivers work four hours a week using an electric cart to transport patients from the Brooke Army Medical Center parking area to the entrance of the hospital. Walking the distance of the large parking area in the heat or rain is often difficult for a parent with a sick child, patients undergoing cancer treatments, orthopedic patients and the elderly. If you would like to transport grateful patients, call the Office of Volunteer Services at 916-5083

Professional Development

Green to Gold Briefs

The Fort Sam Houston Education Center will provide monthly Green to Gold briefings for Soldiers interested in Green to Gold ROTC Scholarships. Briefings will be Jan. 18 and Feb. 22 in Bldg. 2247, The Army Learning Center, at 10 a.m. and 1 p.m. ROTC cadre from a local university will be present to advise.

Warrant officers needed

The U.S. Army is looking for highly motivated Soldiers, Marines, Sailors and Airmen to fill its warrant officer ranks. Positions are open in all 45 specialties for those who qualify. Applicants with less than 12 years active federal service are encouraged to apply. For more informa-

tion and forms/documents required to apply, visit the Web site: www.usarec.army.mil/warrant or call DSN 536-0484/0458/0488/0478/0271/1860. The toll free number is 1-800-223-3735, ext. 6 and the last four of the phone number.

Degree plans offered for Army health career specialists

Soldiers interested in advancing their careers in physical therapy and nutrition care can earn their degrees through the Servicemembers Opportunity Colleges Army Degrees program. SOCAD programs allow Soldiers to earn credit toward an associate or bachelor’s degree for Army training and military occupational specialty experience. SOCAD will also suggest alternatives for meeting the remaining degree requirements. Soldiers with MOS 91W, physical therapy specialist, and MOS 91M, nutrition care specialist, can visit the SOCAD Web sites at <http://www.soc.aascu.org/socad/91W.html> and <http://www.soc.aascu.org/socad/91M.html> for more information. They may also call 1-800-368-5622 or e-mail socad@aascu.org.

St. Mary’s University counselor

St. Mary’s University will have a counselor available at the Education Services Center, Bldg. 2248, upstairs daily in Room 206, from 11 a.m. to 1 p.m. To learn more about the master of arts in educational leadership program and teacher certification, call 226-3360 and schedule an appointment.

Job search assistance

The Employment Readiness Program offers job search assistance to family members. Services include job search, resume writing, interview preparation, skills testing and more. For more information or to make an appointment, call Katja Lunsford at 221-0427 or Josie Gonzales at 221-0516. A valid military family member ID card is required.

Free computer training

The Employment Readiness Program has morning and afternoon session openings for family members seeking computer training for the job market. Automated training is available for Microsoft Office software, accounting, customer service, clerical and typing skills (typing instruction also available in Spanish). For more information or to register, call Katja Lunsford at 221-0427 or Josie Gonzales at 221-0516. A valid

military family member ID card is required.

Meetings

Association seeks members

The Alamo Silver Wings Airborne Association VFW 9186 seeks members for their organization. Join the spirit and tradition of airborne. Meetings are every third Thursday. For more information, call Joe Turella at 657-0028.

Purple Heart veterans sought

Purple Heart veterans are invited to join the meeting of Military Order of the Purple Heart on the first Saturday of every month at 9 a.m. at the Roadrunner Community Center to learn more about combat related entitlements and claims benefits. Registration begins at 9 a.m. Bring your DD Form 214 and a short biography.

SMA seeks new members

The Fort Sam Houston Sergeants Major Association meets every third Thursday of the month at 6 p.m. in the FSH NCO Club. Army retired Sgt. Maj. Hector Viczaino, president of the association, invites all active duty and retired command sergeants major, sergeants major and master sergeants on the promotion list from all service branches to attend the meetings. For information, call Sgt. Maj. Tracey James at 221-7495 or Sgt. Maj. Jeff Lavender at 221-7674.

Lone Star Chapter

The Lone Star Chapter of the U.S. Army Warrant Officer Association meets on the third Monday of each month at 7 p.m. at VFW Post #8541, 2222 Austin Highway (between Eisenhower and Walzem Road). All active duty, retired, Reserve, National Guard and family members of current or former warrant officers are invited to attend. For more information, call Chief Warrant Officer Matthew Watterson at 295-8773 or e-mail matthew.watterson@us.army.mil

BOSS seeks single Soldiers

The Better Opportunities for Single Soldiers meet the first and third Wednesday of every month at 1:30 p.m. at the Hacienda Recreation Center. The BOSS committee was established to provide Soldiers input to the commander, who uses the committee’s recommendations to improve single Soldiers’ Morale, Welfare and Recreation programs. For information, call Staff Sgt. Edward Castro at 221-8760.

The Fort Sam Houston community is invited to the

Dr. Martin Luther King, Jr.

Commemoration Ceremony



Jan. 13, 11:30 a.m. to 1 p.m.
Roadrunner Community Center

Performance by the
MEDCOM Players Guild
and reading by the
Fort Sam Houston Elementary drama students

For event information, call 221-9276 or 221-9356. For reasonable accommodations, call 221-9401.



FORT FREEBIES

Freebies are published on a first come, first served, basis. Commercial advertisements are prohibited. The deadline is noon Monday. Freebies are intended for personal household goods and privately owned property, and may only be submitted by active, retired or reserve component military members and civilian employees working on Fort Sam Houston. To submit paid classified ads or commercial advertising, call Prime Time at 453-3300. To submit a Fort Freebie, e-mail to news.leader@samhouston.army.mil or fax to 221-1198. Ensure your military and Fort Sam Houston civil service status, phone number and name appears on request. Limit of five items per entry.



For Sale: Panasonic VCR, \$20; five-piece dining set, \$175; black entertainment center, \$50; metal desk, \$35; wood bookshelf, \$35. Call Sandy at 241-1291.

For Sale: Cherry dining table with two armchairs and four side chairs, \$350; rocker/recliner, \$75; deep fryer, \$7; electric knife, \$3. Call 662-8887.

For Sale: Rustic blond king bedroom set, head and footboard, nine drawer dresser/mirror, six drawer chest, two nightstands, pillowtop mattress, warranty, \$2,500 obo; Sony car DVD system, includes 7-inch flip-down screen, wireless headsets, \$500 obo; racecar bed with mattress, dresser, \$250. Call 697-9261.

For Sale: Two year old house at Bryce Place, four-bedroom, two-story brick front, two-car garage, 2.5 baths, 2,195 square feet, near Fort Sam/BAMC, great landscape/patio, Italian tiles/carpet, nice community. Call Gilbert at 219-5946.

For Sale: American Bulldog puppies, CKC, four females, one male, eight

weeks old, \$500 cash. (Dad weighs 120 pounds, mom weighs 80 pounds), call Sgt. 1st Class Ruiz at 823-6350.

For Sale: Older Baldwin student version, full-size, electric piano, walnut. Looks like a regular piano, but turns off/on and can be used with headphones, \$150. Call Jennifer at 637-5538.

For Sale: Treadmill/Personal Trainer by ProForm Fitness, aerobic, fat burn, and performance programs. See the ProForm Fitness Web site for more information, \$65. Call 495-2296.

For Sale: Oak veneer computer desk, very large workspace with key board pull-out and CPU hideaway, in excellent condition, \$50. Call 471-1462.

Wanted: Double bed in excellent condition at a reasonable price. Call 646-7371.

For Sale: 1980 GMC pickup truck, 4 by 4, 6-inch suspension lift, 3-inch body lift, 38-inch Super Swamper tires, rebuilt engine (350) and transmission, \$2,800

obo. Call 378-3621 or 695-6404.

For Sale: Above ground swimming pool, round, 18-foot diameter by 3-feet high, new pump and hoses, ladder, chlorine tabs, water testing kit, pool cover, cleaning net and long-handle cleaning brush, great pool for young swimmers, may be able to help transport and set up if needed, \$125. Call 659-2006.

For Sale: 25 cubic foot Whirlpool side by side refrigerator and freezer, ice maker with in-door water and ice dispenser, looks and works like new, ready for pick up, \$400 obo; two navy blue leather sofas, excellent condition, \$500 each or both for \$900. Call Fred at 602-1534.

For Sale: 16-cubic-foot freezer, General Electric, defrost. Call 656-6772.

For Sale: Large Hummell collection, 30 to 50 percent of Miller's 9th Edition; German beer steins, some Metlachs. Call 223-0327.

For Sale: 2001 Pewter Chevrolet Z71 extended cab, 56K, full warrantee (eight

years, 100K), \$17,500; signed and numbered prints, unframed: Long Grey Line with West Point Seal by Ben Maile, \$3,500; and The Commander and First Sergeant by Don Stivers, \$2,400; oak serpentine chest, \$275; Rosenthal Pompadour Moss Rose china, eight settings plus extra serving pieces, \$1,300; 1995 Palomino roll up truck camper, \$2,200. Call 497-8139 or 386-0373.

For Sale: Yamaha tenor saxophone, \$2,000; Sony 400 CD changer, \$150. Call 355-4330.

For Sale: 1995 Corvette, automatic, a/c, loaded, \$10,500 firm; liquid crystal projector, sharp color picture, \$650. Call 843-0159.

For Sale: 1992 Buick Skylark, \$795 obo. Call 566-1668.

For Sale: 1991 Lincoln Continental, loaded, \$1,195 obo. Call 661-5239.

For Sale: Universal weight machine, \$150; two story, wooden doll house, colonial style, on wheels, 5-feet tall, \$250; red metal toddler bed, \$15. Call 223-4606 or 260-2976.